

Wellness Works

A part of ISU Employee Wellness Program



February 2008

Announcements:

Join us for this month's Lunch and Learn entitled "Fitness FUNdamentals"

- **Date:** Feb. 6th
- **Locations:** Curtiss, Room 008 @ 12 pm; or the Nutrition and Wellness Research Center @ 5:15 pm
- If you would like to receive the Wellness Works newsletter or any other wellness information via e-mail, please contact Sally Barclay at Barclay@iastate.edu

Keeping the Heart Healthy



Every year, more than 1 million people have heart attacks, 13 million Americans have coronary heart disease, and about half a million people die from it each year.

Developing heart disease is a gradual, lifelong process that cannot be seen or felt, so many people do not think about their risk until it may be too late. Risk factors increase as one ages while men seem to develop the disease at an earlier age. After age 45 for men, and after age 55 for women, the risk increases.

Because of medical and technological advances, people with heart disease are living longer, but prevention is key to living a disease-free life.

The best way to keep the heart healthy is to maintain a healthy weight. Exercise improves heart function, lowers blood pressure and blood cholesterol, and gives energy. Being overweight also puts a strain on the heart because it forces it to work harder. Maintaining a healthy diet, controlling blood pressure and cholesterol will decrease the risk of heart disease. Minimizing stress and quitting smoking will also help keep the heart healthy.

(www.fda.gov)

Alcohol Consumption Decreases Risk

Drinking too much has many adverse effects, but drinking in moderation is shown to have benefits for the heart.

Cardiovascular disease is the leading cause of death in the United States. Studies have shown that light to moderate alcohol consumption (one to two drinks per day) could help reduce the risk of death from cardiovascular disease. In contrast, heavier drinking, six to eight drinks per day, can raise some fats in the blood. It is related to other heart problems such as heart muscle disorders, hypertension, and heart beat irregularities. Excessive drinking can lead to stroke, as well as sudden cardiac death.

In a study performed by Kaiser Permanente, women who drank one to two drinks per day showed slightly lower blood pressures. Blood pressures were the highest among heavier drinkers in both sexes.

The Physician Health Study revealed that those that increased their alcohol consumption from one drink per week to six drinks per week

decreased their risk of cardiovascular disease by 29 percent compared to those who did not increase their consumption.

The benefits of alcohol consumption may be due to an increase in antioxidants, and an increase in HDL cholesterol ("good" cholesterol). Some substances in alcohol prevent platelets in the blood from sticking together, acting as an aid in anti-clotting to reduce the risk of a heart attack or stroke.

The American Heart Association recommends that to reduce the risk of CVD, a doctor should be consulted. Before turning to alcohol to reduce the risk, maintaining a healthy weight, getting enough physical activity, and eating a healthy diet should be followed. ❖

(www.americanheart.org)



Inside this issue:

- Workout With Your Valentine 2
- Women Heart Health 2
- Recipe: Love Letters 3
- Heart Healthy IQ 3

Workout With Your Valentine



“The couple that plays together stays together. Exercising with your partner will strengthen your muscles, your heart, and your relationship.”

-Nicole Nichols,
Fitness Instructor

Instead of indulging in sweets and boxes of chocolate, go to the gym with a significant other or friend. Partners can spend quality time together, as well as stay fit during this holiday. There are many benefits that come with working out with a partner. It may be difficult to find an activity that both parties can enjoy and participate in.

Stretching is the first step in starting a workout. Couples can assist one another in stretching their muscles and warming up. Every person has their own preference for a workout, so sign up for a class that interests both people like martial arts, indoor climbing, or partner yoga. Do cardio that allows both people to work at their own intensities like spinning (indoor cycling) or work on cardio machines side by side.

Strength training can also be done together by sharing weight lifting machines and switching between one another's sets. Running or jogging is an easy workout for both partners, but it can be difficult if one partner works at a slower or faster pace. Instead of running separately, run or jog in intervals. Work at one partner's faster pace for a few minutes and then switch to the other's slower pace. This type of workout will help improve one's fitness level. ❖

(www.sparkpeople.com)

Women Heart Health

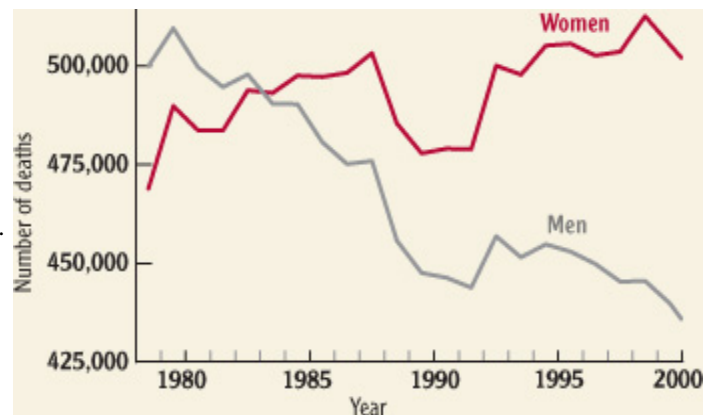
Through past years, we've been lead to believe that cardiovascular diseases (CVD) have targeted more men than women. That assumption is false. Women have been expected to stay home and care for their husbands after they've had heart attacks or strokes. This roll is now starting to change places. CVD does not discriminate. CVD is becoming more common in women than men and is in fact the number one killer for women. It is harder for women to recuperate from the surgeries and procedures compared to men as well.

As early as the age of 30, CVD is starting to show its colors to some women. Once CVD is diagnosed, there is no cure. However, it can be prevented. The number one prevention tool is simply knowing your cholesterol and your blood pressure. By knowing these two crucial numbers you'll be able to determine how high of a risk you are at acquiring CVD. The American Heart Association has come out with these simple steps to preventing CVD:

- Stop smoking
- Increase physical activity (cardiac rehabilitation if appropriate)
- Adopt a heart-healthy eating plan
- Lose weight or prevent weight gain
- Control blood pressure
- Control cholesterol
- Take aspirin and a statin, as well as a beta blocker or ACE inhibitor if needed
- Control blood sugar if diabetic
- Evaluate and treat depression

All of these steps do not need to be completed all at once. Just the smallest amount of improvement will decrease your risks of CVD. ❖

(www.revolutionhealth.com)




Treat Yourself!

Love Letters



Yield: 24 servings

Calories: 150
 Total Fat: 8.8 g
 Cholesterol: 23 mg
 Sodium: 182 mg
 Carbohydrate: 16.8 g
 Dietary Fiber: .03 g
 Protein: 1.3 g



Ingredients Shopping List

- 2 cups all-purpose flour
- 1/2 cup white sugar
- 1 teaspoon salt
- 1 cup butter
- 2 teaspoons lemon zest
- 1 tablespoon orange zest
- 1/2 cup sour cream
- 1 cup candied cherries, chopped

Directions

Preheat oven to 475 degrees F (245 degrees C).

Blend flour, sugar and salt. Cut in butter, lemon zest and orange zest until mixture resembles coarse meal. Blend sour cream in evenly.

Gather dough into firm ball. Divide in half. Roll on well-floured surface to 1/8 inch thickness. Cut in 3 x 2 inch pieces; fold ends to center to resemble an envelope, overlapping slightly; seal with tiny piece of candied cherry.

Place on ungreased baking sheet. Brush tops with water; sprinkle with sugar. Bake 6 to 8 minutes.

(www.allrecipes.com)

Heart Healthy IQ

Here is a checklist of certain lifestyle behaviors that can reduce the chance of cardiovascular disease. Check each statement that reflects your lifestyle.

- I do not smoke and I try to avoid inhaling the smoke of others.
- I eat a balanced diet that limits my intake of saturated fat and cholesterol.
- I participate in continuous, vigorous physical activity for 20-30 minutes at least three times a week.
- I have my blood pressure checked regularly.
- I maintain an appropriate weight
- I know my family history of heart disease.

Now look at the number of boxes you checked. If you checked a majority of the boxes this means you are doing well and are on your way to becoming heart healthy.

(www.redcross.org)