

# In Good Health Newsletter... February



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February

**It's Heart Month!**

Gratitude & Your Heart

10 Heart Attack Risk Factors

Know Your Numbers

Unexpected Heart Attack Triggers

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## Gratitude & Your Heart

“Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person’s life. It can lower blood pressure and improve immune function... grateful people engage in more exercise, have better dietary behaviors, are less likely to smoke and abuse alcohol, and have higher rates of medication adherence.”

Write these down before you go to bed or share them around the dinner table. In five minutes, you can practice gratitude from the HEART.



1. **HEALTH:** What did your body do for you today?
2. **EAT:** What did you feed your body to nourish yourself today?
3. **ACTIVITY:** What did you do that you really enjoyed today?
4. **RELATIONSHIP:** Who do you look forward to seeing?
5. **TIME:** What are you doing right now?

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# 10 Heart Attack Risk Factors



Take Good  
Care of your  
HEART!

According to the American Heart Association, here are the leading factors that put you at risk for heart disease or heart attack



1. **Age** - as you get older, the risk for heart disease goes up
2. **Being Male** - men have a greater risk of having a heart attack than women, and they have heart attacks at earlier ages
3. **Family History** - If you have a close relative such as a parent or sibling who developed heart disease prematurely—before 55 for men and 65 for women—your chances of getting it is higher.
4. **Race** - Compared to whites, heart disease risk is is higher among African Americans, Mexican Americans, American Indians, native Hawaiians, and some Asian Americans.
5. **Smoking** - If you haven't found a reason to quit smoking yet, read this: Your heart disease risk is two to four times higher if you smoke cigarettes.
6. **High Cholesterol** - Roughly 34 million Americans today have cholesterol levels that could lead to heart problems; as fit and healthy as some might appear, if their **total cholesterol** is rising, so is their risk of heart disease.
7. **High Blood Pressure** - About one in three adults in America has high blood pressure, which makes the heart work harder to pump blood. Hypertension increases your risk of **stroke**, heart attack, kidney failure, and **heart failure**.
8. **Sedentary Lifestyle** - Thinking about skipping the gym again? Keep in mind that living an inactive life is a major heart disease risk factor. About **30 minutes of moderate exercise** on most days of the week could greatly reduce your risk, but any activity is better than none.
9. **Excess Weight** - People who have excess body fat—especially around the midsection—are more likely to develop heart disease or have a stroke even if they have no other risk factors.
10. **Diabetes** - If you have **type 2 diabetes** your risk of heart disease goes up—a lot—although controlling blood sugar will help. Diabetic women are at the highest risk of getting into trouble with heart disease

## Know Your Numbers!

### Cholesterol

**Total:** less than 200mg/dl

**LDL:** less than 100mg/dl

**HDL:** above 40mg/dl for men  
above 50mg/dl for women

**Triglycerides:** less than 150mg/dl

**Blood Pressure:** less than 120/80

**Fasting Glucose:** less than 100mg/dl

**Body Mass Index (BMI):** between 18.5 - 25.0

**Waist Size:** less than 40 inches for men  
less than 35 inches for women



## Unexpected Heart Attack Triggers!

**Lack of Sleep-**  
recommended 6-8 hours

**Cold Weather-**Being outside in the winter months can cause your arteries to narrow, making it harder for blood to reach your heart.

**Air Pollution & Car Exhaust-**Heart attacks are more common when air pollution levels are high.

**Migraine Headaches-**more likely to have a heart attack

**A Big Heavy Meal -** When you eat large amounts of food in one sitting, it leads to higher levels of the stress hormone norepinephrine in your body. That can raise your blood pressure and heart rate, and it may trigger heart attacks in some people.



**Sudden or Intense Exertion:** About 6% of heart attacks are triggered by extreme physical effort. It's especially important not to overdo it when you're angry or upset.

**Strong Emotions, Negative or Positive-**Anger, grief, and stress are known triggers of heart problems, but joyful events can sometimes lead to a heart attack as well.

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# Unexpected Heart Attack Triggers!



**A Cold or The Flu** - When your immune system fights off a bug, it can cause inflammation that can damage your heart and arteries.

**Getting Out of Bed in The Morning** - Heart attacks are more common in the morning. Your brain floods your body with hormones to help you wake up, and that puts some extra stress on your heart.

**Asthma** - Your chances of having a heart attack go up about 70% if you have this lung disease.

**Sudden or Intense Exertion:** About 6% of heart attacks are triggered by extreme physical effort. It's especially important not to overdo it when you're angry or upset.

**Disasters, Natural or Man Made** - Studies have shown that heart attack rates go up after major disasters like earthquakes or terrorist attacks. And not just immediately following them, but even up to a few years later.



**Spectator Sports** - Playing sports can possibly trigger a heart attack -- and watching them can, too. And after the 1980 Super Bowl, fatal heart attacks were up in Los Angeles after the Rams lost. But they were down after the 1984 Super Bowl, when the L.A. Raiders won.

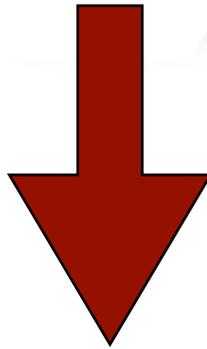
**Sex** - Like many forms of exercise, sexual activity has been linked to an increase in heart attack risk. But it's a very small one, especially if you're physically fit and in good health.

**Alcohol** - A drink a day seems to help protect your heart against disease, but heavy drinking may do just the opposite.

**Coffee** - Caffeine makes your blood pressure go up for a short time, and that can trigger an attack, especially if you don't drink it regularly or are at risk for other reasons.



**February  
WELLNESS IDEA!**



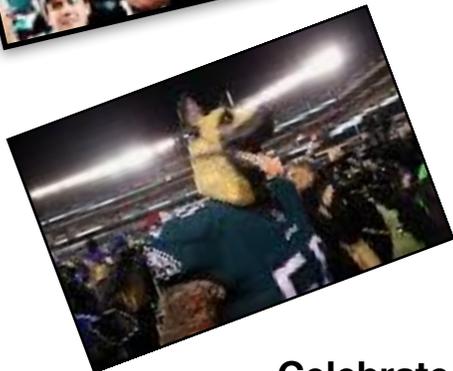
## **Observe Heart Month!**

- **Choose a date to wear red in honor of Go Red for Heart Month**
- **Offer Blood Pressure screenings at your location**
- **Create a Gratitude Poster Board:**
  - **Hang a poster board in a public location**
  - **Provide post-it notes for staff to jot down something they are grateful about- place the notes on the board**

# Soy Lime Baked Buffalo Wings



# Soy Lime Baked Buffalo Wings



**Celebrate the Philadelphia Eagles victory with these healthier chicken wings!**

**10 Servings**

## Ingredients

- 6 Tablespoons Hot Sauce
- 1/4 Cup of reduced sodium Tamari ( 1 tsp has 233 mg sodium, vs. soy sauce has 590 mg sodium)
- 3 Pounds chicken wings
- 3 Tablespoons water
- 1 Teaspoon cornstarch

## Preparation

1. Combine lime juice, tamari and 3 tablespoons hot sauce in a large bowl. Add wings and stir to coat. Refrigerate for at least 1 hour and up to 4 hours, stirring occasionally.
2. Preheat oven to 450°F. Coat a large wire rack with cooking spray and set on a large rimmed baking sheet.
3. Remove the wings from the marinade and place on the prepared rack, meaty-side down. (Discard the marinade.)
4. Bake for 10 minutes. Turn the wings and continue baking until golden brown, about 10 minutes more. Leave the pan in the middle of the oven, turn the broiler to High and broil until deeply browned in spots, about 5 minutes.
5. Bring the remaining 3 tablespoons hot sauce to a boil in a small skillet. Whisk water and cornstarch in a small bowl; whisk into the boiling sauce and cook, whisking, for 1 minute.

Serving size: 3 wingettes/drumettes each

Per serving: 145 calories; 10 g fat(3 g sat); 0 g fiber; 1 g carbohydrates; 13 g protein; 6 mcg folate; 82 mg cholesterol; 0 g sugars; 0 g added sugars; 33 IU vitamin A; 6 mg vitamin C; 9 mg calcium; 0 mg iron; 272 mg sodium; 152 mg potassium

Carbohydrate Servings: 0

Exchanges: 2 medium-fat meat

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