



Healthy Habits

Tips and resources for living well



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Get heart-healthy! Important tips inside >>

Become Heart-Healthy

Let Us Help!

Eating nutritious foods, being physically active, and reducing your stress level are all essential for good overall health—and good heart health, too. February is American Heart Month, so in this issue, you will learn about exercising in cold weather, maintaining a heart-healthy diet, maximizing your workouts, and more.

We Can Help You Maintain Good Health

In this issue, you'll discover simple ways to improve your health and wellness.

Get fit this winter!

Try these member tips

Getting regular exercise is an essential part of keeping your heart healthy. But how do you keep up your fitness routine when it's cold outside? We recently asked some of our members to tell us their favorite ways to exercise in the colder weather, and we're sharing a few of our favorite responses with you. Try one of these helpful ideas!

"I pop in a workout video at home! And I take the stairs wherever I can." —Leticia

"My favorite way to exercise in colder weather is to bundle up and jog!" —Jose

"I take a yoga class." —Barb



Log your weight!

Track weight loss progress

Maintaining a healthy weight is ideal for your overall health—and your heart health, too. Logging your weight can help you track your progress and identify areas for improvement.

Improve your diet today

Heart-healthy ideas

Whether you're aiming to boost your overall nutrition or adopt a heart-healthy diet, there are a few simple switches you can make that can have a big impact! Try these ideas:

- **Eat plenty of fiber.** Fiber has been proven to help lower cholesterol (a key component to keeping a healthy heart). Have a bowl of oatmeal in the morning, make your lunchtime sandwich on whole-wheat bread, and swap white rice for brown rice at dinnertime.
- **Eat healthy fats.** In particular, you want to eat fats that contain Omega-3 fatty acids. They have many potential health benefits, including reducing blood pressure. Sources of omega-3 fatty acids include fatty fish like salmon, walnuts, and ground flax seeds. Other sources include canola oil, spinach, Brussels sprouts, and salad greens.
- **Fruits and vegetables are your friends.** They contain plenty of fiber, plus important nutrients. They're also low-calorie, so include them with every meal and incorporate them into your snacks, too! Try an apple with almond butter, or sliced raw veggies with hummus.



You asked, we answered

How can I maximize my workouts?

Without a doubt, exercise is good for your health. But you may be wondering how much exercise is enough, or whether you should always do the same kinds of exercise. Here are our recommendations:

- **Vary your workouts.** Keep exercise interesting! Challenge different muscle groups by regularly changing your routine. Think about rotating between different exercises and terrains (for example, hills vs. flat areas) and working out different parts of your body. Aim to include resistance training, cardio and stretching into each workout.
- **Try interval training.** Add intervals to your next walk by walking at a comfortable pace for 1 minute followed by a challenging pace for 30 seconds. Alternate between the two for 20 minutes (if you're a beginner, consider trying 10-15 minutes instead). You'll burn more calories and increase your fitness level. Don't forget to warm up and cool down!
- **Strapped for time?** Do something simple. Get a pedometer and start walking! If you can hit 10,000 steps per day, you are nearing the equivalent of a moderate workout.

You don't have to be an Olympic athlete to get the benefits of exercise. Just make movement a part of your everyday routine. And don't forget to talk to your doctor before starting any new exercise routine!



Reduce your stress

Simple suggestions

Stress is tough on your body, and it can take a toll on your heart. Try these quick and easy tricks to keep your stress at bay:

- **Take some time to unwind and relax each day.** Sit quietly and observe your thoughts, take a warm bath, read a book, or listen to soothing music.
- **Go for a walk.** Getting up and out can help reduce stress. Even a 5-minute walk is enough to help you clear your head and feel a little calmer.
- **Just breathe.** When you are right in the thick of a stressful moment, remember to breathe. Try this exercise: breathe in until your lungs are full for 4 seconds. Then hold for 5 seconds. Then exhale for 6 seconds. This can help slow your heart rate down.

