



Wellness Newsletter

February 2017

February is Heart Health Month!

Maintain Your Heart Health

Face the facts: If you are not actively taking care of your heart, it can't take care of you. According to the American Heart Association, more than one in three women has a form of cardiovascular disease. And, heart disease is the leading cause of hospital stays for men in the United States. While there are risk factors that contribute to heart disease that you can't control—such as genetics or your age—there are many things you can do to maintain your heart health.

Risk Factors

Check out the list of risk factors for heart disease that you can control below. Do any of these sound familiar?

- High blood pressure
- High cholesterol
- Smoking
- Overweight or obese
- Males with a waist measurement of 40 inches or more and females having a waist measurement of 35 inches or more
- Inactive lifestyle
- Type 2 diabetes
- Poor diet high in saturated fat and cholesterol
- Stress

Take Control

The following lifestyle recommendations can help you to reduce your risks and promote a heart-healthy life:

- Get regular medical checkups with your primary care physician and make sure your doctor checks your blood pressure at each visit (or at least every two years if you are in good health).
- Have your blood cholesterol checked at least every five years.
- Do not smoke or use illegal drugs.
- Drink alcohol in moderation.
- Maintain a healthy weight and get regular exercise.
- Take a low-dose of aspirin daily (consult your doctor first though).
- Follow a diet low in saturated fat, trans fat and cholesterol.
- Limit your sodium intake to 1,500 to 2,400 milligrams per day.
- Keep stress under control.



Healthy Hints

Combining regular physical activity with a healthy diet, adequate sleep, effective stress management and avoidance of tobacco slashes your risk of heart disease and premature death dramatically.

Reference:

www.prosentialgroup.com; www.pace.edu; ProSential Group, Wellness 2017

Are you thinking about Spring?

Many of us are thinking of spring as we start to head toward March. Remember March is National Nutrition Month – This year’s theme is “**Put Your Best Fork Forward**”.



National Nutrition Month® is sponsored by the Academy of Nutrition and Dietetics and first began in 1973 as National Nutrition Week. By 1980 the week-long event became a month-long celebration focused on delivering nutrition education messages to the public. Themes designated by the Academy of Nutrition and Dietetics are focused around increasing the public’s awareness of the importance of good nutrition.

Put Your Best Fork Forward is designed to remind us that we all have the tools to make healthier food choices. Targeting small changes during National Nutrition Month and over time can help put you on the path toward improving health and wellbeing. Here are some small changes that can add up over time:

1. Eat a minimum of one whole piece of fruit per day
2. Pack your lunch once or twice a week
3. Read the nutrition facts label to make better choices
4. Eat vegetables with at least one meal per day
5. Drink one less sugary beverage per day
6. Grocery shop once a week to have better choices available
7. Batch cook on less hectic days
8. Involve the whole family in meal preparation
9. Drink more water
10. Don't eat in front of the television, computer, tablet, or phone

Start with small changes that are sustainable and avoid targeting your favorite foods. Work on areas in your diet that you are not emotionally attached or areas you are willing to change. Avoid falling into the same patterns of targeting the same changes, try to focus on an area of improvement that is new to you. Small changes over time will help make your changes successful and sustainable.

References:

<http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>; January 2017

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The time is now for employers to help improve the health of their most valuable resource – employees. With our expertise in healthcare, we at Savage and Associates can help you design and administer a worksite wellness program appropriate for your company's size and budget. Helping employees have the tools to live a healthy lifestyle is imperative. Let Savage help you create a culture of wellness and prevention, promoting personal responsibility.

Michelle Cleland, MPH, RD, LD, CDE
Wellness Coordinator
michelle.cleland@savageandassociates.com
419.725.7271



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Our mailing address is: wellness@savageandassociates.com