

# Weekly Wellness Newsletter

MCALLEN ISD

**Heart-Healthy**

**FOODS TO EAT**

**Leafy Greens**  
Leafy green vegetables such as kale, spinach, and chard are loaded with vitamins, minerals, phytonutrients, and antioxidants.

**Avocados**  
Avocados are a great source of heart-friendly monounsaturated fats, which are associated with a reduced risk of heart disease.

**Berries**  
Berries are loaded with vital nutrients that can promote optimal heart health.

**Fatty Fish**  
Fatty fish are an amazing source of high-quality omega 3 fatty acids.

**Walnuts**  
Walnuts are full of many heart-healthy nutrients such as fiber, magnesium, manganese, and copper.

**Beans**  
Beans are a rich source of dietary fiber and resistant starches, which have been shown to improve heart health.

**Garlic**  
A compound found in garlic called allicin has been found to positively affect heart health by lowering blood pressure.

**Seeds**  
Certain seeds such as flaxseeds, chia seeds, and hemp seeds are a great source of heart-healthy omega 3 fatty acids.

**Dark Chocolate**  
Dark chocolate contains antioxidants called flavonoids that can boost heart health.

**Tomatoes**  
Tomatoes are a great source of the antioxidant lycopene, which has powerful benefits when it comes to heart health.

**Almonds**  
Almonds are an exceptional source of nutrients and contain a large amount of heart-healthy monounsaturated fats.

**Olive Oil**  
Here's another food that's a rich source of heart-healthy monounsaturated fats and antioxidants.

**Green Tea**  
Green tea is an antioxidant powerhouse and has been attributed with many health promoting benefits.

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[Click here for 28 Healthy Heart Tips](#)

Find out [Facts and Myths about Caffeine](#) and [Effects Caffeine has on your Body](#).



[Pack and Go Healthy Lunch Recipes](#)



**What to Know About Coffee and Your Heart**

- Drinking coffee regularly may reduce the risk of heart failure and stroke.
- If you have hypertension, you may want to avoid drinking too much coffee.
- Long-term use of unfiltered coffee can increase LDL cholesterol levels.
- Sugary additives may cancel out the positive benefits.

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Find the [Quest for Hydration](#). Why is water important.

Take care of your **Mindful Moment** while helping your Digestive tract.

Find out why it is important to [Stretch Everyday](#)

**FACTS ABOUT DRINKING WATER**

1. It delivers oxygen throughout the body
2. It prevents kidney damage
3. It boosts skin health and beauty
4. It cushions the brain, spinal cord, and other sensitive tissues
5. It flushes body waste
6. The airways need it
7. It boosts performance during exercise



**PARK OF THE WEEK**

[Mission Hike and Bike Trails](#)



**YOGA POSES for IBS and ULCERATIVE COLITIS**

- 1. DEER POSE**  
PARIWARTITA SUKHASANA  
balances the mind and emotions  
improves digestion  
root chakra
- 2. REVOLVED EASY POSE**  
PARIVARTITA SUKHASANA  
boosts metabolism  
open the hips  
reduces anxiety
- 3. EASY POSE CACTUS ARMS**  
SUKHASANA  
strengthen the back  
opens heart center  
calms the brain
- 4. BRIDGE POSE**  
SETU BANDHASANA  
stretches hips and neck  
improves blood circulation  
strengthen buttocks
- 5. ONE-LEGGED WIND RELIEVING POSE**  
EKA PADA PAVANA MUKTASANA  
tones abdominal muscles  
stretches the hips  
relieves wind
- 6. SUPINE SPINAL TWIST**  
SUITA MATSYENDRASANA  
stimulates the kidneys  
release stress  
stretches spine
- 7. ONE-LEGGED WIND RELIEVING POSE**  
EKA PADA PAVANA MUKTASANA  
improves elimination  
massage the internal organs  
releases lower back tension