



# Be heart healthy

February is American Heart Month! Show yourself a little love and be heart healthy. It's important to know what can cause Coronary Artery Disease (CAD) which can lead to an event like a heart attack.

## **Some traditional risk factors of CAD are:**

- High LDL cholesterol, low HDL cholesterol
- High blood pressure
- Family history
- Diabetes
- Smoking
- Obesity
- Menopause
- Age

## **The good news is that this common heart disease is preventable.**

Living a healthy lifestyle can play a big role including: good nutrition, weight management, and getting plenty of physical activity.

## **Not sure where to start? Try these simple tips.**

Add fruits and vegetables to your snacks and meals (fresh, frozen, canned or dried) for an easy first step.

## **Understand how much and why you eat.**

Use a food diary or tracking app to understand what, how much, and when you're eating. Being mindful of your eating habits can help you reach your goals.

## **Retrain your inner couch potato.**

Walk or jog in place, weightlift, practice yoga, or even watch TV while on the treadmill at the gym.



Coach Rolanda  
DrPH, MPH, CHES



## Coach's corner

Rolanda is an onsite wellness coach and Certified Health Education Specialist for ActiveHealth. Her mission as a health educator is to motivate people toward healthier lifestyles by inspiring them to develop healthy habits. She firmly believes that motivation is what gets you started; but habit is what keeps you going.

## Rolanda's well-being tips:

Want to stress less and live well? Balance your body and listen to your heart.

- **Move your body more.** Incorporate daily exercise with a 3-pronged approach—cardio, strength training and flexibility.
- **Lose excess body fat.** Focus on foods like fruits, vegetables, whole grains and beans and less salty, fried foods.
- **Keep a lid on stress.** Do your best to manage stress naturally. Enjoy your favorite exercise, get plenty of sleep and maintain a positive attitude!



### Winter Warm Up Classic Mac & Cheese

Try this heart-healthy "Classic Mac & Cheese". Find more comfort food recipes at [MyActiveHealth.com](https://www.myactivehealth.com) > Library > Healthy Recipes.

## Wellness Webinar Series



### Pumped up for Heart Health

Learn about common conditions and risk factors.

**February 18, 2020** - 9:00 AM, 11:30 AM and 3:30 PM, CT

<http://go.activehealth.com/wellness-webinars2.html>

## The 3 C's of Cholesterol

Unhealthy cholesterol levels are one of the major controllable risk factors for coronary heart disease, heart attack and stroke. When it comes to cholesterol, be sure to remember the 3 "C's":

- **Check** your cholesterol levels. It's key to know your numbers.
- **Change** your diet and lifestyle to help improve your levels.
- **Control** your cholesterol, with help from your doctor if needed

## Having a heart-healthy lifestyle is good for you—and your family too.

These simple ways can help you work heart-healthy habits into your family's life and daily schedule.

### Make time to get the whole family moving.

Identify free times for activity during the week. Join your kids for a bike ride, discover a new park or be a part of play time.

### Plan a weekly menu, go shopping and prep your meals.

Find a few blocks of time when you can do a little planning, and it'll be easy to eat healthier.

### Simplify your family's schedule.

See what you can do without, so you'll have more time for the things that matter.

### Take baby steps, not giant leaps.

Getting heart-healthy is a journey; you don't have to do everything at once.

American Heart Association, "Why Cholesterol Matters", <https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>

American Heart Association, "Daily Tips to Help Keep Your Family Active", Last reviewed April 5, 2017. <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/6-simple-steps-for-the-whole-family-to-be-heart-healthy>

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