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HEALTH OBSERVANCE

Modifying Behaviors for A Healthy Heart

Brandon Kolakowski – Wellworks for You

Heart health can often be overlooked. However, with heart disease being the leading cause of death in the United States, prioritizing heart health is essential, especially for adults. In addition, focusing on a few principles of overall health, like nutrition, movement, and recovery, as well as seeking adequate health care, can pay dividends when combined and applied consistently over time.

Research shows what a balanced, primarily whole-food approach can provide the heart. The nutrient components of whole foods, such as fiber, protein, fats, carbohydrates, vitamins, minerals, etc., work in unison to improve biometrics such as total cholesterol, blood pressure, triglycerides, and body weight.

A heart-healthy eating approach that maximizes these nutritional components includes:

- Whole grains such as oats, brown rice, and whole wheat
- Beans and Legumes, including lentils, black beans, and garbanzo beans
- Fruits and Vegetables
- Lean sources of protein such as animal products, beans, legumes, and soy
- Nuts, seeds, and nutrient-dense oils

Physical activity also plays a crucial role in heart health. By promoting blood flow, the entire body can receive nutrient-rich blood, function at a higher level, and avoid chronic inflammation.

- Aim to get 150 minutes per week of moderate physical activity, which equates to 30 minutes, five days per week

Studies have shown that less than adequate sleep is associated with more significant stress, increased inflammation, high blood pressure, and weight gain.

- Aim to get at least 7 hours of sleep per night

As mentioned, greater benefits can be obtained by considering a combination of the above lifestyle changes in conjunction with support from your doctor. Acting at any time can prove valuable, especially considering heart health's central role in living a fulfilling life.

Source: <https://www.nhlbi.nih.gov/health/heart-healthy-living>.



WellBalance Health Corner *Exercises for Blood Pressure Management*

Learn tricks to help manage your blood pressure through everyday movement.

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How to Care for Your Skin this Winter

Take extra care of your skin during the winter months with these skincare tips and tricks.

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WelBalance

HEALTH TIP CORNER

Regular movement is a proven way to improve blood pressure.

Exercises for Blood Pressure Management

Dawn Koch – Health Coach, Orthus Health

According to the Mayo Clinic, there is a close relationship between having high blood pressure and not getting enough exercise.

The American College of Sports Medicine (ACSM) recommends that individuals with hypertension engage in moderate-intensity aerobic exercise 5-7 days per week, including:

- Resistance exercise 2-3 days per week
- Flexibility exercise at least 2-3 days per week

Research has found that excessive sedentary time can contribute to various health conditions. To reduce the amount of time you stay sitting, try to aim for 5 to 10 minutes of low-intensity physical activity each hour, such as getting up to drink water or going on a short walk.

Examples of aerobic exercise that may lower blood pressure include:

- Walking
- Jogging
- Cycling
- Dancing

High-intensity interval training, alternating short bursts of intense activity with subsequent recovery periods of lighter activity is another option to try out.

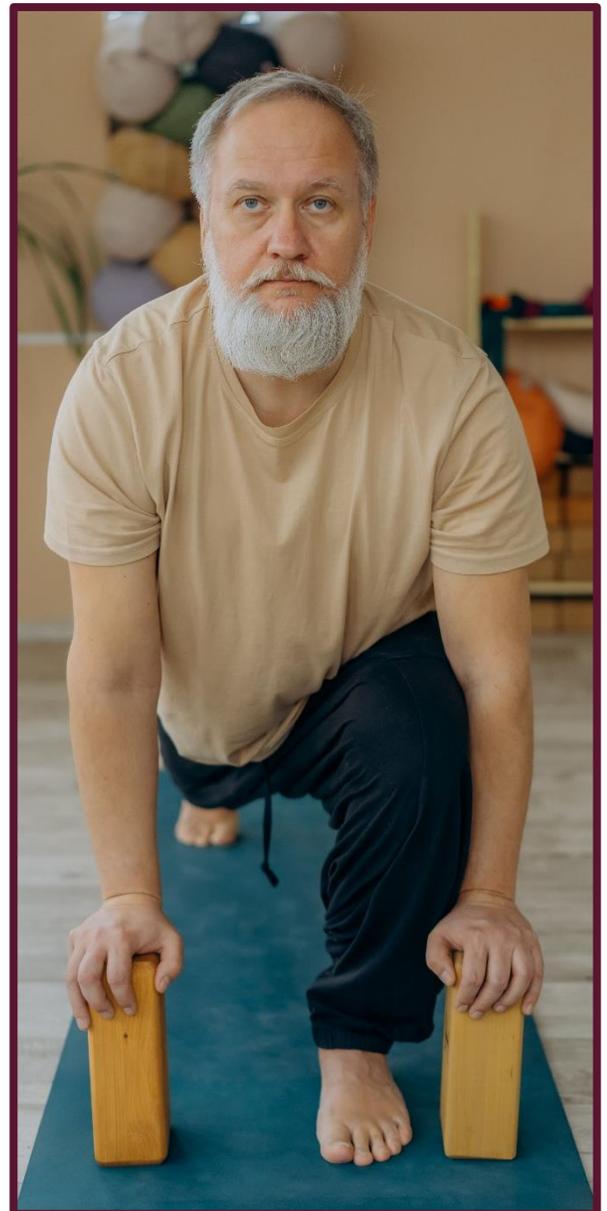
While weight training can cause a temporary increase in blood pressure during exercise, it has long-term benefits to blood pressure that outweigh the risk of a brief spike for most people.

Some tips for weight training with high blood pressure:

- Learn the proper form
- Exhale as you push the weight
- Lift lighter weights more times
- Listen to your body.

If you have high blood pressure, get your doctor's OK before starting exercise, increasing your current exercise, or adding weight training exercises to your fitness routine. Likewise, stop exercising if you feel chest pain, weakness, dizziness, lightheadedness, pressure, or pain in your neck, arm, jaw, or shoulder.

Source: [exercising-your-way-to-lowering-your-blood-pressure.pdf \(acsm.org\)](#)



How to Care for Your Skin this Winter

Lisa Kyler – Wellworks For You

Did you know that the winter months can take a toll on your skin? This is because the air in our homes and outside is drier, which can wreak havoc on your skin's natural barrier. So, if you spend much time outdoors in the colder months, it's imperative that you tend to your skin.

If you're unsure how to update your skincare routine, don't worry! We've put together a list of ways to nourish your face and body.

Review your Cleansers

Ensure that you're washing your skin with a hydrating cleanser. Opt for fragrance-free options without harsh exfoliants and alcohol.

Add in Moisture

The best time to lotion your body is right after the shower when your skin is still damp. It would help if you chose a different moisturizer for your face, as facial skin is more sensitive and thinner than the skin on your body.

Start with a Serum

The dry air in the winter can take a severe toll on your skin's moisture. Give your skin a head start by applying hydrating serums like hyaluronic acid or lactic acid before your moisturizer. Talk to your doctor or dermatologist about what kind of serum is right for you.

Turn Down the Heat

Hot showers are amazing in the winter. We get it. However, they're terrible for the moisture barrier on your skin. Try to use lukewarm water and reduce how long you spend in the shower.

Lock in Your Moisturizer

"Slugging" went viral in 2022 for its skincare benefits. Slugging is a nighttime skincare practice of slathering petroleum jelly, like Vaseline or Aquaphor, overtop your regular nightly skincare routine to lock in your moisturizer, protect your moisture barrier and improve skin's texture. This practice can also be done with skin-safe oils, such as pumpkin seed oil, rosehip seed oil, and vitamin E oil.

Don't Forget the Sunscreen

Yes, even in the winter months, you can still get sunburn. This is especially true if you're out in the snow when the sun's rays reflect off the surface before you hit the slopes or break out the shovel, lather at least SPF 30+ on your skin.

Source:

<https://www.aad.org/public/everyday-care/skin-care-basics/care/winter-skin-survival-kit>
<https://www.brynmawrdermatology.com/blog/10-dermatologist-approved-winter-skincare-tips-from-dr-husienzad/>
[What Is Slugging and Should You Try It? – Cleveland Clinic](#)



FEATURED RECIPE

25 Minute Chicken and Veggie Enchiladas

4 Servings – High Protein, Gluten Free Option



INGREDIENTS

- 2 tablespoons canola oil
- 1 ½ cups chopped zucchini
- 1 ½ cups chopped yellow squash
- ½ cup chopped yellow onion
- 1 teaspoon minced garlic
- 1 ½ cups shredded, cooked chicken breast (about 4 ½ oz.)
- ½ cup shredded, cooked chicken thigh (about 1 ½ oz.)
- ⅝ teaspoon kosher salt
- ½ teaspoon black pepper
- 4 ounces Monterey Jack cheese, shredded (about 1 cup), divided
- 8 (6-inch) corn tortillas
- Cooking spray
- ½ cup bottled salsa Verde
- Fresh cilantro leaves

DIRECTIONS

1. Preheat oven to broil with rack 5 to 6 inches from heat.
2. Heat oil in a large nonstick skillet over medium-high.
3. Add zucchini, squash, and onion, and cook, stirring often, until vegetables are tender and just beginning to brown, about 10 minutes.
4. Add garlic and cook for 1 more minute.
5. Add chicken, salt, pepper, and ¾ cup of the cheese; stir to combine. Cook until hot and cheese melts, about 1 minute.
6. Remove from heat, and cover to keep warm.
7. Warm tortillas according to package directions.
8. Place about 1/3 cup of chicken mixture in center of each tortilla; fold the tortilla around filling, and place, seam side down, in a lightly greased (with cooking spray) 11- x 7-inch (or a 2-quart) broiler-safe baking dish.
9. Pour salsa over enchiladas, and sprinkle with remaining ¼ cup cheese.
10. Broil in preheated oven until hot and bubbly, about 1 ½ minutes. Garnish with cilantro.

NUTRITION

Serving Size: 2 cups

Per Serving:

Calories: 393

Carbohydrates: 37g

Fat: 18g

Sodium: 499.2mg

Protein: 25g

Dietary Fiber: 5g

Saturated Fat: 6g

Source: [25-Minute Chicken & Veggie Enchiladas Recipe](#) | EatingWell