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’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!

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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

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Winter Warm Up  Classic Mac & Cheese

Try this heart-healthy “Classic Mac & Cheese”. Find more comfort food recipes at MyActiveHealth.com > Library > Healthy Recipes.

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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**


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