

Inspiring each other to better choices and better health!

Erin Ortiz Blanco: ortize@ccf.org Maria Rey: reym1@ccf.org

National Wear Red Day, February 5 Spread The *Heart* Truth



Friday, February 5, 2010, is National Wear Red Day®—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. The Red Dress®, the national symbol for women and heart disease awareness, was created by *The Heart Truth*® in 2002 to deliver an urgent wakeup call to American women.

Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women.®" Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or [Red Dress Pin](#) on Friday, February 5, 2010. For more information on how to get involved, visit the [National Wear Red Day toolkit](#) which provides useful information and resources that you can use to help celebrate National Wear Red Day in your community.

What is Heart Disease?

When you hear the term "heart disease," you may think, "That's a man's disease" or "Not my problem." But here is *The Heart Truth*®: one in four women in the United States dies of heart disease, while one in 30 dies of breast cancer. If you've got a heart, heart disease could be your problem.

What Are the Risk Factors for Heart Disease?

An astonishing 80 percent of women ages 40 to 60 have one or more risk factor for heart disease. Having one or more risk factors dramatically increases a woman's chance of developing heart disease because risk factors tend to worsen each other's effects.

Whatever a woman's age, she needs to take action to protect her heart health. Heart disease can begin early, even in the teen years, and women in their 20s and 30s need to take action to reduce their risk of developing heart disease. Yet among U.S. women ages 18 and older, 17.3 percent are current smokers, 51.6 are overweight (BMI 25 or greater), 27 percent have hypertension, 35 percent have high cholesterol, and 53 percent do not meet physical activity recommendations.

How Do I Find Out if I Am at Risk for Heart Disease?

Some women believe that doing just one healthy thing will take care of all their heart disease risk. For example, they may think that if they walk or swim regularly, they can still smoke and stay fairly healthy. Wrong! To protect your heart, it is vital to make changes that address each risk factor you have.

-visit *The Heart Truth's*

INSIDE THIS ISSUE

The Heart Truth	1
Office exercise	1
Health Supplements	2
Men's Corner	3
Mini-Meals to Try	3
Newsletter Spotlight	4
Upcoming Events	4

Office exercise: How to burn calories at work

Work at a desk all day?
Make office exercise part
of your routine.



If you're doing your best to set aside time for physical activity either before work or after work, good for you. But finding time to exercise can be a challenge for anyone who has a busy schedule. Why not work out while you're at work? Consider these creative ways to make office exercise part of your routine.

Make the most of your commute Walk or bike to work. If you ride the bus, get off a few blocks early and walk the rest of the way. If you drive to work, park at the far end of the parking lot.

Look for opportunities to stand You'll burn more calories standing than sitting. Stand while talking on the phone. Better yet, try a standing desk — or improvise with a high table or counter. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices.

Take fitness breaks Rather than hanging out in the lounge with coffee or a snack, take a brisk walk or do some gentle stretching. Pull your chin toward your chest until you feel a stretch along the back of your neck, or slowly bring your shoulders up toward your ears.

Keep fitness equipment in your work area Store resistance bands — stretchy cords or tubes that offer weight-like resistance when you pull on them — or small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.

Conduct meetings on the go When it's practical, schedule walking meetings or brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meetings outdoors.

5 All-Star Health Supplements

These natural remedies have ironclad scientific proof on their side. Here are 2 everyone should consider, plus 3 others that benefit your bones, heart, stomach, and more.



About two-thirds of Americans take them, and over three-quarters of doctors recommend dietary supplements to patients, according to recent surveys. Among the dizzying array of natural products found on pharmacy and health food store shelves, we've uncovered five truly outstanding complementary treatments in pill form that hold up to scientific scrutiny just as well as prescription drugs do.

For Everyone: Fish Oil

The Research: Omega-3 fatty found in salmon, tuna, and other fish appear to increase heart health and fight cardiac death by stabilizing the heart's electrical system. Other benefits include lowering blood pressure and triglycerides, slowing arterial plaque buildup, and easing systemic inflammation. Fish oil was more successful than statins at preventing death in heart failure patients, according to a recent Italian study.

Try It: Since most Americans don't eat two servings of fish a week as suggested by the American Heart Association, many heart health experts recommend taking daily dietary supplements containing 1,000 mg of EPA and DHA combined (even if you are a fan of fish). "The main side effect is fishy burps, but storing soft gels in the freezer and taking them with food can help. Nearly all commercial fish oil brands are reliably safe, but check labels for the EPA and DHA amounts per serving.

For Everyone: Vitamin D

The Research: It's suddenly one of the most popular vitamins on the planet, and for good reason: Up to 53% of us may not get enough vitamin D from sources such as direct sunlight or food. More than 1,000 human and lab studies indicate that vitamin D not only augments calcium absorption but may also ward off breast, colorectal, ovarian, and other cancers. And getting too little vitamin D could cause premature death from heart disease, according to a recent study.

Try It: Take vitamin D as dietary supplements because food and sun are rarely sufficient, particularly if you live in northern states that get little daily solar radiation during the winter. "If you take 1,000 IU a day and get 5 to 10 minutes of unblocked sun a few times a week, you're almost guaranteed to get enough.

For People with High Cholesterol: Reducol

The Research: Plant sterol and stanol compounds in a healthy diet can lower LDL (bad) cholesterol by as much as 20%--comparable to the effects of statin drugs. But the small amounts in fruits, vegetables, nuts, and seeds aren't always enough to provide the 2 g daily of sterols and stanols the AHA suggests for people with high cholesterol, which can increase the risk of heart disease.

Try It: Recommend 900 mg three times per day for high cholesterol, and then reduce the dose to 450 mg three times per day if LDL numbers are coming down.

For People with Tummy Trouble: Culturelle

The Research: Culturelle is one of the most-researched probiotics on the planet. The only US dietary supplement containing the active culture Lacto- bacillus GG (LGG), it acts directly on the immune system and helps ward off viral illness; replaces good bacteria killed in the intestines during antibiotic therapy; and keeps harmful bacteria, fungi, parasites, and other infectious microorganisms in check (it eliminated up to 47% of traveler's diarrhea in two studies). People who ate yogurt containing LGG cleared antibiotic-resistant bacteria from the gut in 4 weeks, while those eating yogurt without it didn't.

Try It: Follow Culturelle's dose instruction of one capsule per day. Refrigerating the supplement isn't required, though doing so may increase its shelf life. As intestinal flora begins to change, side effects such as bloating and gas usually disappear in a few days.

For People with Joint Pain: Pycnogenol

The Research: This French maritime pine bark extract is cited in more than 200 studies and continues to impress researchers. In two recent trials, osteoarthritis patients who took Pycnogenol for 3 months reduced their pain and stiffness by 35 to 55% and needed fewer drugs such as NSAIDs and COX-2 inhibitors. Pycnogenol's efficacy is probably due to its having both antioxidant and anti-inflammatory properties.

Try It: Take a 50 mg tablet two or three times daily with meals. Ask your doctor before you start, especially if you're on hypertension meds--and don't take over 200 mg a day.

Men's Corner: 5 Secrets of the Super Fit

Eliminate obstacles and make exercise a habit for life



You can find plenty of reasons not to work out: job pressures, family commitments and painfully long workout sessions that are equal parts boring and complicated. That is probably why the National Center for Health Statistics found that only 26 percent of Americans perform three or more intense workouts a week. The good news is? I've discovered five simple strategies that will eliminate your obstacles, and help you make exercise a habit for life. And that's the true secret to the lean, healthy body you want.

Schedule three workouts ahead. Plan the date, time and place of each session in Outlook or your day planner. You'll be less likely to allow meetings or social events to interfere with your workouts. Bonus tip: Don't let your diet ruin your hard work in the gym.

Go hard, not long. Cap your exercise sessions at 30 minutes. YMCA researchers found that people were twice as likely to stick to an exercise program when they performed shorter workouts—less than 30 minutes—than when they did longer sessions.

Save one workout for the weekend. Even if Saturday and Sunday are packed with family commitments and home-improvement projects, it's likely that you'll still have more free time than on any given weekday.

Track the ancillary benefits. Think a busy schedule is a good excuse not to exercise? Think again. U.K. researchers found that workers were 15 percent more productive on the days they made time to exercise compared to days they skipped their workout. Now consider for a moment what these numbers mean to you: On days you exercise, you can—theoretically at least—accomplish in an eight-hour day what normally would take you nine hours and 12 minutes. Or you'd still work nine hours, but get more done, leaving you feeling less stressed and happier with your job, another perk that the workers reported on the days they exercised. So keep a job-performance journal on the days you exercise and the days you don't exercise. Bonus tip: Developing good habits early on will help keep you fit well into your later years.

Keep your streak intact. Research shows that when people skip a workout, there's a 62 percent chance they'll miss an exercise session the following week. Worse, a single lapse can result in feelings of failure that are so overwhelming, a person will just quit, even though he might have successfully followed through with exercise 99 percent of the time. If you don't have time for your entire workout, take 10 minutes and do a portion of your routine—even if it's only a couple sets of pushups and lunges.

-MSN.com

Mini-Meals to try: Diet entrées offer good taste but small portions



Whether you're trying to lose weight or maintain a healthy weight, or you just don't have the time or inclination to cook, packaged diet entrées are a convenient way to enjoy comfort foods in portion-controlled single servings that help eliminate the risk of overeating. But don't make the mistake of considering all of them a meal in themselves even though the package illustrations may suggest that they are. Many have so few calories that you may need to add extra food, even if you're on a diet, to get adequate nutrition.

Do they taste good? It turns out they often do, according to our tests. One explanation might be the increasing demand among consumers for natural ingredients and fewer additives, according to Phil Lempert, a food-marketing expert and editor of Supermarket Guru.

Our trained sensory panelists rated the taste quality of 24 microwaveable meals—22 frozen and two shelf-stable—from leading brands such as Healthy Choice, Lean Cuisine, and Weight Watchers. We also evaluated the nutrition information for each meal based on its label.

"You look at the ingredients now and there's real food in there," he says.

Picture shown: Lean Cuisine Café Classics Steak Tips Portobello has 160 calories of meat and veggies. Without added food, it's more like a snack.

-ConsumerReports.com

Healthy Living Spotlight Features: Shelley Ludwig

Why did you decide to quit smoking?

The rising cost of cigarettes, my clothes smelled like cigarette smoke, and I had a horrible smokers cough

How many years did you smoke cigarettes?

About 25 years, I started at a very young age

How many times did you try to quit smoking?

At least 10 different times

How long has it been since you quit smoking?

June 23rd, 2008 was my quite date. It's been 19 months.

What methods did you try?

Cold turkey, Chantix, the patch, gum, and hypnosis

Which ones worked best and why?

Chantix worked the best. I thought about smoking but was able to redirect my thinking. I did have physical cravings but not nearly as bad as with the other methods I tried. With Chantix, I had the option to smoke if I couldn't fight the cravings and there was no physical danger. The patch worked but when I would get upset I would take the patch off and smoke which is very dangerous.

What motivated you to keep trying?

I wanted to be a better role model for my nieces and nephews.

What benefits or advantages have you observed since quitting?

My sense of smell is better, I save money, my house and clothes don't smell like a stale cigarette. My quitting has motivated 2 other family members to quit smoking. It has also motivated me to make other changes in my life such as eating healthier foods. I have also noticed my running time has improved and I don't get many colds and sinus infections.

Do you have any advice for someone else who may be struggling with quitting smoking?

Never stop trying. Read anything you can about others quitting for ideas or motivation. Reward yourself by setting small goals. When I would get upset or stressed, I always told myself that you can't avoid stress so I would find other ways to cope with the moment, such as doing push-ups which increased my strength. Knowing the positive effects and benefits that my body started going through as soon as I quit smoking was motivational.



Wellness Upcoming Events...What to watch for!

February 8th – New session of Shape Up & Go kicks-off

February 17th – Wellness Lunch & Learn with Jenny Burger

March 2nd – Wellness Lunch & Learn with Kristin Kirkpatrick