



Health Corner

February 2023

FEBRUARY IS HEART HEALTH MONTH

Improving and maintaining cardiovascular health, can help you enjoy a longer, healthier life and decrease the risk for heart disease, stroke, cancer, dementia and other major health problems.

Defined by the American Heart Association **Life's Essential 8** outline a few easy steps you can take to live a healthier lifestyle:

EAT BETTER

Choose whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and healthy fats.

BE MORE ACTIVE

For adults 150 minutes of moderate or 75 minutes of vigorous physical activity a week. Kids should have 60 minutes every day.

MANAGE WEIGHT

Achieving and maintaining a healthy weight is one of the best things you can do for your heart.

GET HEALTHY SLEEP

Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age.



QUIT TOBACCO

That includes vaping, traditional cigarettes, and e-cigarettes.

CONTROL CHOLESTEROL

Make sure you get tested regularly.

MANAGE BLOOD SUGAR

Have your blood sugar levels monitored regularly.

MANAGE BLOOD PRESSURE

Levels below 120/80 mm Hg are optimal.

Heart Healthy Chickpea Salad

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 large tomato, diced
- 1 medium cucumber, diced
- 1 yellow pepper, seeded and diced
- 2 tbsp chopped kalamata olives
- ¼ cup red onion, diced
- ½ cup crumbled feta cheese
- ½ cup fresh chopped parsley

Dressing:

- 3 tbsp extra-virgin olive oil
- 3 tbsp lemon juice
- 1 tsp dried oregano
- Pinch each salt and pepper

Prepare the dressing and pour over salad. Toss to combine.

Did you know?

Apples are high in soluble fiber, which helps lower cholesterol. They also have polyphenols, which are linked to lower blood pressure and stroke risk.

They are easy to take with you and make an amazing snack.



MIND smart

3 APPS THAT CAN BOOST MENTAL HEALTH

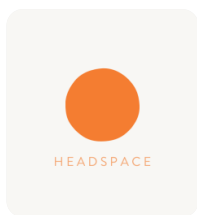
While there's no substitute for professional treatment, some apps may be able to help you relax, de-stress and boost your mood.

We researched and picked 3 Apps based on their mental health focus, user-friendly interface, availability in English and Spanish:



Designed to help you live a more productive, stress-free life. Offers guided meditations, masterclasses, music, soothing sounds, sleep stories, gentle exercises and educational guides

Price: 7-day free trial, then \$14.99 per month or \$69.99 annual subscription



Useful mental wellness tool to help people live healthier lives. Offers meditations, exercises, inspiring wake-up stories, sleep tools, music, audio experiences and courses

Price: 7-day free trial, then \$12.99 per month or \$69.99 annual subscription



Offers a lot of free content, including meditations, sleep guides, stress management and live events. For even more content you can upgrade to a paid membership

Price: Free basic membership, upgrade option for \$10 per month or \$60 annual subscription

MONEY smart

HOW CAN I IMPROVE MY FINANCIAL HEALTH?

Start saving.

Even if it's just a few dollars per week at first. Find a savings account that work best for you in terms of fees, benefits and access.

Stick to a budget.

Be aware of every dollar that goes in and out of each account. Once you have an idea of where your money is going, create a plan for how to spend less and save more.

Pay off your debt.

Consider the snowball method: Rank your debts in order of the lowest amount to the highest amount. Pay as much as you can on the debt with the lowest amount, while continue to pay the minimum payment on all others. Once the lowest debt is paid off, move to the second lowest and so on.

Plan for what-ifs.

Be ready for life's surprises to vastly improve your overall financial health. Unexpected expenses can wreak havoc on their financial health. Take an afternoon to create a strategy that will prevent such a scare.

