

BELIEVE IT ~ ACHIEVE IT WELLNESS NEWSLETTER



FEBRUARY IS NATIONAL HEART HEALTH MONTH— ENJOY THIS HEART THEMED NEWSLETTER!

Heart-Health Valentine's Day Tips

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

Rather than tempting your beloved with sweets, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine.

Quality time is one of the most meaningful gifts. Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.

If your kids are having a **Valentine's Day party at their school or day care**, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers as tokens of their friendly affection.

Cooking at home is an excellent way to control what and how much you eat. Take a date to a local cooking class to practice your skills or learn a new technique.

Prepare a romantic candlelit dinner at home using one of our heart-healthy recipes.

Give to one another by giving back. Ask a date to volunteer with you at a local organization. Giving back is a healthy habit that can boost your mood and help beat stress.

Use this day as an opportunity to **tell your loved one how important they are to you**, and share ways that you can support each other's health and wellness.

Craving something sweet? **Gift a beautiful fresh fruit basket** to your loved one instead of giving sweets with added sugars.

Sharing is caring – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.

Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily – getting active with your pet will benefit your health and your bond with your pets.

Take it slow – if you receive a luxurious box of chocolates from your sweetie, stick it in the freezer and enjoy in moderation over the next several weeks.

Take a long, romantic walk with your beloved – and try to make it a regular habit. Aim for at least 150 minutes of moderately intense physical activity each week to help keep your heart healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.

Check out our tips for healthier preparation methods for cooking.

Rekindle an old flame – try preparing one of your sweetie's favorite recipes in a healthier way. These healthy substitutions can help you cut down on saturated fats, trans fats, salt (sodium), and added sugars, while noticing little, if any, difference in taste.

What did the stamp say to the
envelope on Valentine's Day?
I'm stuck on you!

ACROSS

2. White and red mixed

5. Many classrooms have a Valentine _____

9. _____ and kisses

10. A dozen _____

11. Chocolate _____

12. _____ 14th

13. A rose is a _____

15. A Valentine shape

DOWN

1. A Valentine color

3. Sealed with a _____

4. Would you be my _____ ?


6. Carries his bow and arrow

7. Wrote me a love _____

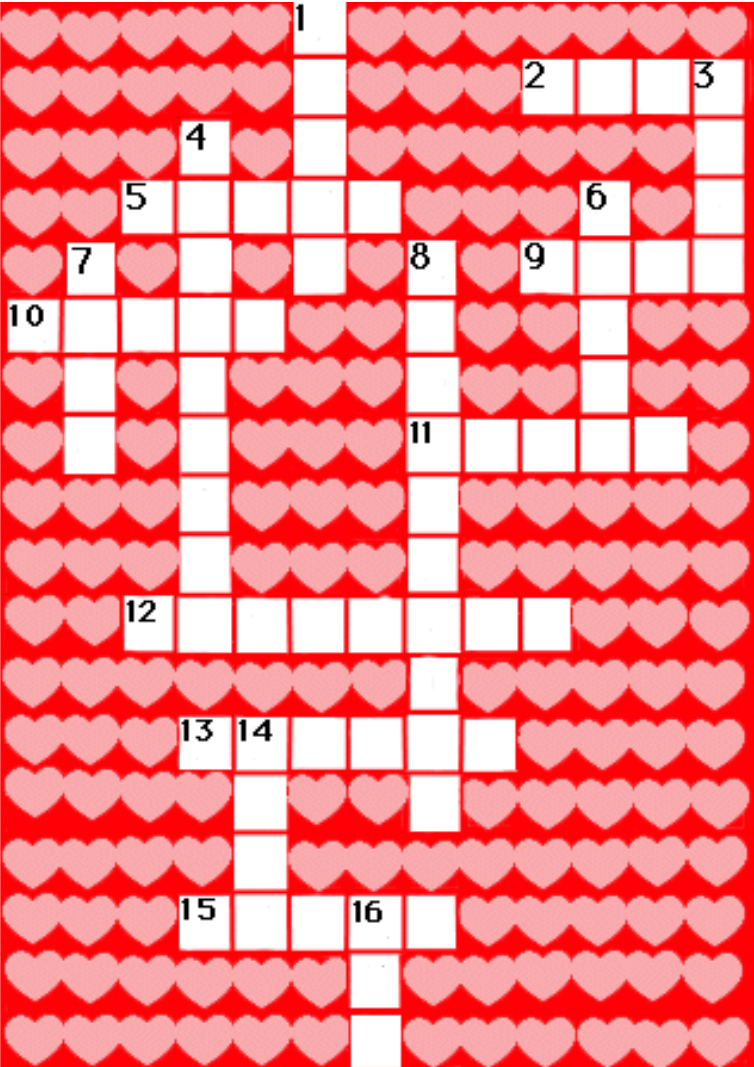
8. A box of _____

14. My true _____

16. A Valentine color



www.robinsfji.com



- Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.
- In the 1800s doctors commonly advised their heartbroken patients to eat chocolate, claiming it would sooth their pain.

Valentine's Trivia

Heart Health and Diet

By Sharon Denny, MS, RDN

Heart disease is the leading cause of death in America. About 81 million people in the United States have some form of heart/ cardiovascular disease — that's about 35 percent of the population. Many of these deaths and risk factors are preventable, and food choices have a big impact on your heart's health, even if you have other risk factors.

Only a few risk factors, such as age, gender and family history, cannot be controlled. You can prevent and control many risk factors of heart disease, such as high blood cholesterol, high blood pressure, excess weight and obesity, with lifestyle changes and medications.

Lifestyle Changes

A healthy lifestyle — following a healthy eating plan, maintaining a healthy weight, regular physical activity, quitting smoking and managing stress — can lower your risk for heart disease and may prevent current heart disease from worsening.

A Heart-Healthy Diet

To lower your risk of heart disease, follow these recommendations directly from the [2015 Dietary Guidelines for Americans](#):

1. "Follow a healthy eating pattern across the lifespan."
2. "Focus on variety, nutrient density, and amount."
3. "Limit calories from added sugars and saturated fats and reduce sodium intake."
4. "Shift to healthier food and beverage choices."
5. "Support healthy eating patterns for all."

If you are at high risk for heart disease or already have heart disease, your first step should be to meet with a registered dietitian nutritionist. Together with your health-care provider, you can help you lower your risk or improve your existing condition by developing a personalized eating and lifestyle plan. <http://www.eatright.org/resource/health/wellness/heart-and-cardiovascular-health/heart-health-and-diet>



What did the caveman give his wife on Valentine's Day?
Ughs and kisses!

Before you head out to eat out research your food choices. Check calorie contents and what healthy options are available BEFORE you walk in the door of your favorite spot! This strategy can help you stay on track with your weight loss or healthy eating goals.

From fast food to upscale dining, find restaurants that offer "dietitian-approved" Healthy Dining menu items and view nutrition information (calories, fat, sodium, etc.) for the recommended dishes. New restaurants are added frequently!

www.healthydiningfinder.com



Healthy Dining Finder
Choose the Best – **Be Your Best!**

10 tips

Nutrition
Education Series

healthy eating for an active lifestyle



10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

1 maximize with nutrient-packed foods

Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2 energize with grains

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3 power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

4 mix it up with plant protein foods

Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5 vary your fruits and vegetables

Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



6 don't forget dairy

Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7 balance your meals

Use MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

8 drink water

Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9 know how much to eat

Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

10 reach your goals

Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentschallenge.org to sign up for the Presidential Active Lifestyle Award (PALA+).



Go to www.ChooseMyPlate.gov and www.Fitness.gov for more information.

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USDA is an equal opportunity provider and employer.

What kind of flowers do you
never give on Valentine's Day?
Cauliflowers!