

FITEX WEEK 6

Heart Health



JUST FOR YOU

Most people have been affected directly or indirectly by heart disease - the #1 cause of death in the world. The good news is that exercise is the #1 modifiable health behavior that may decrease risk for heart disease and also helps with heart disease management. Stress is a negative influence on your heart, so find ways to lower your stress to protect your heart (revisit Week 4 for more tips on stress reduction).

TEAM TALK

Heart health is very important. Discuss with your teammates this week how you keep your heart healthy whether through exercise, foods, or both. If you feel comfortable, share a story about how heart disease has affected your life.

Share a recipe or activity you did this week to strengthen your heart.

#FitEx #MyHealthyHeart

RECIPE OF THE WEEK

The recipe for this week is Salmon Patties. Try making this recipe at home and post a picture on your social media using the hashtags: "#hearthealthyrecipes" and "#foodfortheheart" Scan the QR code below to take you to the recipe.

HEART HEALTHY FOODS

There are many heart healthy foods that are easy to incorporate into your diet. First, in moderation, chocolate and wine are good for your heart in moderation due to the antioxidants with the function of increasing your good cholesterol and lowering your bad cholesterol as well as improving your blood clotting. Other heart healthy foods include salmon and avocado because they contain healthy fats. Don't forget the old standbys of nuts (such as walnuts and almonds) that are heart healthy due to their fiber content.

