

HEALTHY ON THE JOB

Focus on Heart Health



Did you know that heart disease is the number one killer in women? However, it is not only women who are affected by this disease. According to the American Heart Association more than 2,200 people die of heart disease every day in the United States. Additionally, someone will suffer from a stroke every 40 seconds, and a related death will occur every four minutes. Although, through proper prevention tactics, a healthy diet, along with physical activity and wellness we can lower the risks of heart disease. Heart disease does not discriminate. Many factors need to be assessed based on age, in combination with overall lifestyle, your health and whether or not it may run in the family. It is all of these factors that play a

role and can increase your risk. Many things you cannot change, such as your age, hereditary factors and family history. However there is an upside, even moderate changes can improve your health. Having a more nutritious heart healthy diet and a more active lifestyle can lower your risk by as much as 80 percent. There are many resources that discuss each of the risk factors and where you can assess the keys to prevention. Lowering your risk as much as you can is critical and can lead you in a healthy direction. A healthy diet can help keep your risks low. Be sure to eat plenty of colorful fruits and vegetables, have lean protein and whole grains. Be sure to limit your saturated fat intake, along with sugar and sodium. These healthy habits can make all the difference.

MINDFULNESS SERIES

USEFUL RESOURCES



Rutgers Cooperative Extension
njaes.rutgers.edu



Get Moving - Get Healthy NJ
gmghnj.rutgers.edu



Get Moving - Get Healthy NJ Workforce
gmghnj.rutgers.edu/workforce



Family & Community Health Sciences Department
njaes.rutgers.edu/fchs

Risk Factors

Take Control > Risk factors for heart disease that can be managed:

- *Lower High Blood Pressure
- *Stop Smoking
- *Control High Blood Cholesterol
- *Daily physical Activity
- *Loose extra weight/overweight
- *Manage Diabetes
- *Maintain a healthy diet?

Healthy Recipe

Chicken Piccata

This is a tasty heart healthy Italian chicken dish that is a delicious and pretty simple to make. Makes 4 servings

- 8oz. Whole-wheat spaghetti or angel hair pasta (cooked to package instructions)
 - 2Tbsp. whole wheat flour
 - 1/4 tsp. black pepper
 - 2 boneless, skinless chicken breasts
 - 1 1/2 cup sliced, fresh mushrooms
 - 2 tsp. garlic (jarred, minced)
 - 2 Tbsp. lemon juice
 - 1/2 cup low-sodium chicken stock
 - 2 tsp. salt-free, or, low-sodium Italian seasoning
 - 2 medium zucchini (thinly sliced)
 - Non-stick cooking spray
- Prepare pasta to package directions (drain, rinse and set

aside.)
 Mix flour and pepper in a shallow dish. One at a time, place chicken pieces in flour mixture and turn to coat.
 Spray a large skillet with cooking spray, turn to medium heat and add chicken. Cook until no longer pink inside (3-4 minutes per side).
 Transfer chicken to a plate and set aside.
 Respray skillet with cooking spray, turn heat to medium-high, and cook mushrooms for 3-4 minutes, stirring occasionally.
 Add garlic, lemon juice and chicken stock, stir and cook for 2 minutes.
 Add Italian Seasoning and zucchini, bring to a simmer and cook about 5 minutes until zucchini is tender.
 Toss pasta in the skillet with sauce. Serve topped with chicken.



Health Tip for the Week

Not everyone with heart concerns has the same meal plan or the same nutrition goals. Work with your health care team to identify what will work best for you!



Disclaimer

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all work-place safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

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More Mindfulness Resources

Mindfulness and Anxiety

<https://www.mindful.org/mindfulness-for-anxiety-research-and-practice/>

Rewire Your Brain for Peace

<https://www.consciouslifestylemag.com/mindfulness-for-anxiety-and-stress/>

Ten Ways to Teach Mindfulness to Kids

<https://leftbrainbuddha.com/10-ways-teach-mindfulness-to-kids/>





More Resources....



choosemyplate.gov

njaes.rutgers.edu/health

getmovinggethealthynj.rutgers.edu

Family & Community Health Sciences
Healthy Recipes

[vimeo.com/getmovinggethealthynj/vid
eos](http://vimeo.com/getmovinggethealthynj/videos)

Explore our healthy recipe videos!

EatingWell.com has lots of healthy
recipes.

Mayo Clinic Healthy Recipes

mayoclinic.org/healthy-lifestyle/recipes

The Food Network's Healthy Dinners in
40 Minutes or Less

[foodnetwork.com/healthy/packages/he
althy-every-week/quick-and-
simple/healthy-dinners-in-40-minutes-
or-less](http://foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less)

Healthy Habits for Heart Health

These habits are healthy for everyone... even if your risks for heart disease are low.

Have a colorful diet with a variety of fruits and vegetables

Aim for at least half your grains to be whole grains

Choose low-fat or non-fat foods when you can. (like dairy, sauces & gravies)

Be creative with spices in the kitchen and keep sodium low

Eat lean protein and fish twice a week

Cut back on high calorie foods with added fats and sugars

Drink water or other drinks with only a few calories

Be more physically active when you can
Satisfy your sweet tooth with a naturally sweet option like fruit

Set attainable goals and have fun while being active

Read your labels and know what nutritional information you should look for

Try new foods like quinoa, lentils or kale. You may find a new favorite

Watch your portions, enjoy your food but eat less

Gets your heart pumping for at least 2.5 hours per week

Top Web Sites for additional information!

www.nhlbi.nih.gov/

The National Heart Lung and Blood Institute provides key points and information on living with diabetes.

<http://www.heart.org/HEARTORG/>

American Heart Association

<https://www.goredforwomen.org/>

Go Red - Women and heart disease

