

Heart Health Month

Know Your Health Numbers

- Blood pressure – normal is 120/80 mm Hg
- Triglycerides (circulating fat in your blood) – should be below 150 mg/dl
- LDL cholesterol – below 100 mg/dl
- HDL cholesterol – above 40 mg/dl for men and 50 mg/dl for women
- Blood sugar – fasting, less than 100 mg/dl
- Body weight – Body Mass Index of 18.6-24.9



7 Simple Recommendations for a Healthy Heart

1. Get active—exercise regularly.
2. Control cholesterol.
3. Eat healthy—refer to DASH Diet below.
4. Manage blood pressure.
5. Maintain a healthy weight.
6. Keep blood sugar at normal levels.
7. Stop smoking.

DASH Diet Plan

Recommendations to lower blood pressure:

- Consume 6-12 servings of grains, at least half as whole grains.
- Enjoy 4-6 servings each of fresh, colorful fruits & vegetables.
- Include 2-4 servings of low-fat and fat-free dairy foods.
- Take in 1½- 2½ servings of lean meats, fish and poultry.
- Have 3-6 servings of nuts, seeds and legumes per week.
- Limit fats and sweets to 2-4 servings per week.

Dairy Council of California: [Blood Pressure and the DASH Diet](#)

February 1, 2013, **National Wear Red Day®**, the 10th year of the American Heart Association's **Go Red For Women®**, urges you to wear red on Friday, February 1.

Recipe of the Month

(DASH Diet friendly)

Maple-Hazelnut Oatmeal

Ingredients:

- 1 ½ cups Fat-free milk
- 1 ½ cups Water
- Cooking spray
- 2 Gala apples, peeled and cut into ½-inch cubes
- 1 cup Uncooked steel-cut oats
- 2 tablespoons Brown sugar
- 1 ½ tablespoons Butter, softened
- ¼ teaspoon Ground cinnamon
- ¼ teaspoon Salt
- ¼ cup Maple syrup
- 1 cup Hazelnuts, chopped



Photo by: Oxmoor House

Preparation:

1. Bring milk and 1 ½ cups water to a boil in a saucepan over medium-high heat, stirring frequently.
2. Coat a 3 ½-quart electric slow cooker with cooking spray. Place hot milk mixture, apple and next five ingredients in slow cooker; stir well. Cover and cook on LOW for seven hours or until oats are tender.
3. Spoon oatmeal into bowls; top with maple syrup and hazelnuts.

Courtesy: [MyRecipes.com](#)

Move of the Month



Cat Pose to Cow Pose

- Begin with your hands and knees on the floor. Make sure your knees are under your hips and your wrists are under your shoulders. Begin in a neutral spine position, with your back flat and your abs engaged. Take a big, deep inhale.
- On the exhale, round your spine up toward the ceiling and imagine you're pulling your belly button up toward your spine, really engaging your abs. Tuck your chin toward your chest and let your neck release. This is your cat-like shape.
- On your inhale, arch your back and let your belly relax and go loose. Lift your head and tailbone up toward the sky—without putting any unnecessary pressure on your neck. This is the cow-like pose.
- Continue flowing back and forth from Cat Pose to Cow Pose and connect your breath to each movement—inhale on Cow Pose, exhale on Cat Pose.
- Repeat for at least 10 rounds, or until your spine is warmed up.

