

WEEKEND HEALTH TIPS



Haleigh Kaiser – Wellness Intern

February 2nd, 2017

February is
American
Heart
Month



**NATIONAL
WEAR
RED
DAY!
FRIDAY
FEBRUARY
3RD!**

Love your heart! (Source: American Heart Association)

What is heart disease?

When someone has Coronary Heart Disease their arteries (tubes) leading to their heart are being narrowed, or blocked, by a sticky substance called plaque. When there is too much plaque in the arteries, it can limit the blood flow to the heart, which can lead to a heart attack.

Plaque can be caused by:

- High blood pressure
- High levels of cholesterol and fat in the blood
- Smoking

Signs and Symptoms:

1. Severe pain and discomfort in the chest
2. Lightheadedness, nausea, or vomiting
3. Jaw, neck, or back pain
4. Pain or discomfort in arm or shoulder
5. Shortness of breath



Prevention is the KEY!

There are many ways to prevent heart disease:

1. Prepare a healthy plate.
2. Make sure to get enough physical activity.
3. Decrease stress levels.
4. Monitor blood pressure.

In this issue:

- *Love your heart!
- *PREVENTION is the KEY
- *Calculating Risks
- *Salt vs. Sodium
- *Bucket Filling

High Blood Pressure

Do you know your numbers?

- Understanding what your numbers mean, is very important!
- The only way to know if you have high blood pressure is to get it tested.
- Recommended normal blood pressure is below 120/80.



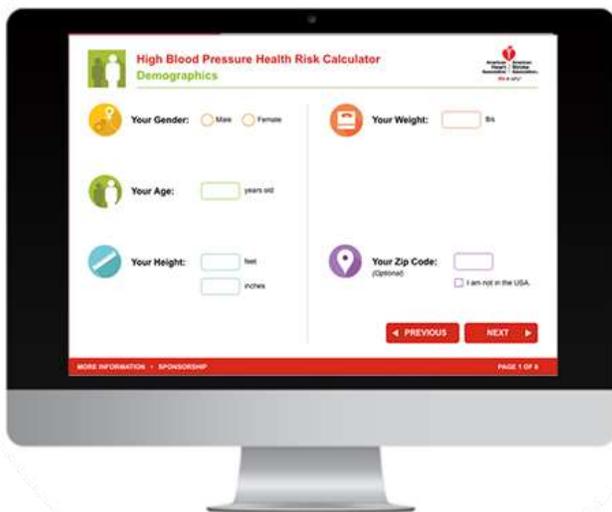
[Learn more on what your numbers mean!](#)

Calculate your risk!

The American Heart Association offers an online high blood pressure health risk calculator.

Become aware if you are at risk, and learn how to modify your lifestyle to decrease that risk!

[Access the calculator!](#)



Salt vs. Sodium

DID YOU KNOW?!

- Ideal daily limit of sodium for adults is no more than 1,500 mg.
- On average, Americans consume 3,400mg of sodium per day!!

Approximate amounts of sodium in salt:

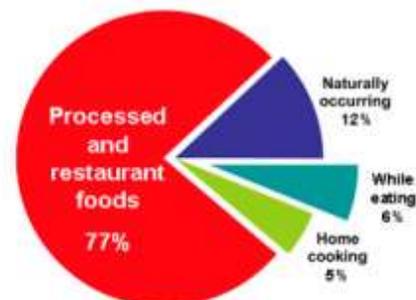
¼ teaspoon of salt = 575 mg of sodium

½ teaspoon of salt = 1,150 mg of sodium

¾ teaspoon of salt = 1,725 mg of sodium

1 teaspoon of salt = 2,300 mg of sodium

Most Sodium Comes from Processed and Restaurant Foods



(Source: Center for Disease Control and Prevention)

[Learn More!](#)

Future Events!



How full is your bucket?!

Starting in March you will be receiving a new challenge! If you complete the challenge you can earn **25 wellness points!**

The purpose of this challenge is to become aware of your mental and emotional state of health. However, your focus is going to be helping others around you.

Would you like to get \$40 back on your paycheck?!

Here's how!

If you have a fitness facility membership, and you can show proof of going at least 80 times, you will receive a \$40 (minus taxes) reimbursement on your paycheck! You have from January 1st, 2017- December 31st 2017. Once you have proof of going at least 80 times to the gym, turn it in to Jeri!



SCHOOL VISITS

Aurora Athletic Trainers will be coming to schools in **March and April!** They will be there to answer questions regarding muscle/joint aches and pains. Stop by to visit Jeri and the trainers when they are at your school!

Essential Oils 101

Tuesday Feb. 7th 4:30-5:30 pm in LGI room at South High

ANOTHER CLASS, SAME INFO: Thursday Feb. 23rd 5-6pm in IMC at North High

What are oils all about? Come join Ryan & Jeremiah LaCrosse to learn the basics of oils, safe oil use, and how to incorporate them into your daily life. Begin the journey of improving your health and that of those around you. This will run about 60 minutes. Q&A to follow.

25 Wellness points for attending! Please pre-register by emailing Jeri!

Triathlon Training: SWIM-BIKE-RUN

[Click here for more info!](#)

If you are interested in training for a triathlon, or just want to get in shape? Attend an informational meeting on Monday, February 13 or Monday, February 20 from 7-8 pm at the North High Commons or contact Debbie Posewitz at 467-1092 or dposewitz@yahoo.com

SPORTS CORE OPEN HOUSE! Sunday, February 19th 1:00-3:00 pm

[Click here for more info!](#)