

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Heart Health

According to Centers for Disease Control and Prevention, heart disease is the leading cause of death for men and women. Following a heart healthy diet, engaging in cardiovascular activity and practicing stress management techniques can reduce your risk of heart disease or help you better manage the disease. This month's newsletter is filled with practical, heart-healthy tips to help you optimize your heart health.

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#### Secret Sources of Sodium

Hypertension, or high blood pressure, can develop for a variety of reasons. Risk factors like age, race, family history, diet, and activity level are just a few. One common treatment for high blood pressure is a change in diet. Often people hear that they should “lay off the salt” as one way to reduce their blood pressure. While decreasing your salt intake is an important step to controlling blood pressure, only 12% of salt intake comes from salt added when cooking ([American Heart Association](#)).

Approximately 77% of salt intake comes from processed, restaurant made, and fast foods. What can make this confusing is that we don't see the word “salt” on any of these foods, but rather the word *sodium*. Sodium is a mineral and is one of the elements found in salt. Instead of “laying off the salt,” try “laying off the sodium”! It is recommended by the American Heart Association to limit sodium intake to approximately 1,500 – 2,300 milligrams per day.

There are many “secret sources of sodium,” or, foods that you wouldn't expect to have sodium but might in fact have high sodium levels. You may know that canned

#### Fit Tip of the Month

##### Heart-Healthy Activities



Your heart receives many benefits from regular cardiovascular exercise. Cardiovascular activity includes brisk walking, jogging, elliptical, swimming, and cycling. Your heart is a muscle and exercise can make it stronger and more efficient. Exercise aids in weight loss, helps regulate blood pressure, improves good and bad cholesterol levels and helps with blood sugar control.

The American Heart Association recommends exercising at a moderate intensity for 150 minutes per week (30 minutes per day most days of the week), or vigorous intensity for 75 minutes per week when including strength training.

If you are new to exercise, pick an exercise that you enjoy and begin at a comfortable pace. Add 1-2 minutes/week until you can exercise for a total of 30 minutes.

If you have a hard time carving 30 minutes from your day, don't worry! You can receive the same health benefits if you break up the exercise for 10 minutes 3 times per day!

Resource: [American Heart Association](#); [Center for Disease Control and Prevention](#)

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Health Coach

soup, frozen meals, and processed deli meats are notoriously high in sodium. But did you know that cheese, bread, and cereal can contain high amounts of sodium, too? Also condiments like soy and BBQ sauces, and salad dressings can also contribute to excessive sodium intake.

Instead of trying to memorize all the foods high in sodium, try these tips:

- Get into the habit of reading food labels and aim for approximately 140 – 200 mg sodium per serving, or choose food items with a % Daily Value of sodium around 5%
- Focus on consuming whole foods like fresh fruits and vegetables, lean proteins, unsalted nuts, seeds and legumes
- Prepare more food at home and avoid eating at restaurants. Fast food restaurant meals can reach levels as high as 2,000 mg of sodium per meal.

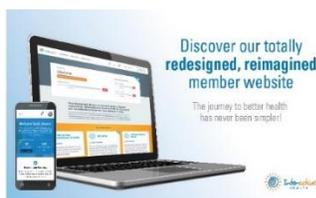
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Health Coach/Registered Dietitian

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

**Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).**

## Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (or at your company-provided web link) to see more.

## Preventive Focus

### High Blood Pressure

Blood pressure is the force of blood pushing against the walls of the arteries. It is explained by two values, Systolic and Diastolic pressure.

Systolic blood pressure (the top number) represents the pressure when the heart beats. Diastolic blood pressure (the bottom number) represents the pressure when the heart rests between beats.

According to the American Heart Association, normal blood pressure range is less than 120/80. Typically, high blood pressure has no symptoms. Almost 20% of Americans who have high blood pressure don't know it and therefore, don't know that they are at risk. A diagnosis of high or low blood pressure should be confirmed with a medical professional.

| Blood Pressure Category                           | Systolic (mm Hg, upper number) | Diastolic (mm Hg, bottom number) |
|---|--------------------------------|----------------------------------|
| <b>Normal</b>                                     | Less than 120 and              | Less than 80                     |
| <b>Elevated</b>                                   | 120-129 and                    | Less than 80                     |
| <b>High Blood Pressure (Hypertension stage 1)</b> | 130-139 or                     | 80-89                            |
| <b>High blood pressure (Hypertension stage 2)</b> | 140 or higher or               | 90 or more                       |
| <b>Hypertensive Crisis</b>                        | Higher than 180 and/or         | Higher than 120                  |

Untreated high blood pressure can lead to serious health threats, such as heart disease and stroke. It is encouraged to routinely monitor your blood pressure with your doctor on a consistent basis.

You can manage your blood pressure by:

- Maintaining a healthy weight
- Limiting intake of sodium to 1,500 mg per day
- Eating foods rich in potassium
- Limiting alcohol intake
- Being more physically active
- Not smoking and avoiding second hand smoke
- Taking medication as your doctor tells you

**Alyssa Edwardson, RN, BSN**  
**Health Management Specialist**

**Resources:** [Interactive Health](#), [American Heart Association](#), [SCAI](#)



### Blood Pressure: Beyond the Salt Shaker

Heart disease is the number one cause of death in America. Taking preventive measures to control your health can decrease your risk of developing chronic diseases. Elevated blood pressure is your body's warning sign to act now!

View this webinar to learn tips to reduce your chances of developing high blood pressure. We will be going beyond the salt shaker and discussing secret sources of sodium, ways to increase flavor without using salt, and learning what steps you can take to take control of your heart health.

**Date:** Thursday, February 15, 2018  
**Time:** 12:00pm - 12:45pm (Central)

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

## Recipe of the Month

### Whole Hearted Foods

#### Avocado Toast

Working to keep your heart healthy? Avocado toast is a heart-healthy treat that you can enjoy at any meal. Avocados are more than delicious - they are loaded with heart-healthy monounsaturated fatty acids. The best part of avocado toast is the toppings! Be creative and have fun!

#### Ingredients

- 1-2 slices of 100 % whole grain bread
- ½ avocado mashed
- 1-2 Tbsp lemon juice or lime juice
- Pepper or other herbs to taste

#### Toppings (optional)

- 1 hardboiled egg or cooked egg
- Sliced tomatoes
- Sliced strawberries
- 2 oz smoked salmon
- ¼ cup black beans, rinsed



#### Directions

1. Lightly toast 1-2 slices of bread. In a bowl, mash the avocado with a fork. Add lemon or lime juice, pepper or herbs.
2. Spread avocado mixture over the bread.
3. Add topping of your choice

#### Nutritional Information Per Serving (1 slice of avocado toast with 1 egg)

Calories: 253  
 Total Fat: 16 g  
 Cholesterol: 186 mg  
 Protein: 11 g  
 Total Carbohydrates: 20 g  
 Dietary Fiber: 7 g  
 Sugars: 2 g  
 Sodium: 196 mg

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## Wellness Works Hub

Stay up to date with the latest wellness news and trends with [Wellness Works Hub](#).

If you haven't visited lately, here's what you've missed:

#### [Sleep More = Eat Better?](#)

The piece reports: "Among habitually short sleepers — 5 to <7 hours per night — a behavioral intervention that extended sleep led to significantly reduced intake of free sugars compared with those who continued as short sleepers."

Further: "Those who extended sleep greatly reduced intake of fats, carbohydrates, and free sugars compared with habitually short sleepers, they wrote in the *American Journal of Clinical Nutrition*."

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.