



Here's to your Health!

Employee Health and Wellness News

VOLUME 1, ISSUE 2

FEBRUARY 2008



February is American Month

Your heart – that little muscle about the size of your fist – is the hardest working organ in your body, pumping over 2 gallons of blood thru a complex network of arteries and blood vessels. A lot of work goes into pumping all this blood, and one tiny interruption in a beat or small piece of debris in an artery wall can bring this delicate process to a halt.

Statistics show that 80 million people in the United States have some type of disease of the heart. Every 40 seconds, someone experiences a stroke, and every 26 seconds someone suffers from a heart attack. The real surprise, however, is that by the time you finish reading this article, three people will have died from some form of heart disease. So what is the secret for a healthy heart? February has been designated as American Heart Month, and in honor

of that most vital organ, here are a few things to remember to keep that little guy pumping .

Risk Factors for Heart Disease:

Age, Gender (Males), Ethnicity, Stress, Smoking, High Cholesterol, Obesity, Physical Inactivity, High Blood Pressure, Diabetes

While there is not much you can do about your gender, ethnicity, or age (nothing is certain but death, taxes... and **aging!**), the other risk factors can be controlled by two major things – diet and lifestyle. Follow these tips:



- ♥ Eat a balanced diet low in fat and high in fiber
- ♥ Exercise at least 30 minutes a day
- ♥ Avoid cigarettes and alcohol. Smok-

ing is the number one cause of death in this country, but also the number one preventable risk factor for heart disease.

Lastly, the best way to know whether or not you are at risk for heart disease is to know your numbers.

Blood pressure should be kept at or below 120/80 and total cholesterol below 200. So how can you tell whether or not you are within these limits? **See your doctor.** Knowing where you stand is the only way to prevent you from being a statistic.

Happy Heart Month, &



Fruit & Veggie of the Month

Bananas



Green Beans



Strive for 5-9 servings of fruits and vegetables a day!

Go to page 2 for a Healthy, Hearty, Banana Recipe!

DID YOU KNOW?

Celery has negative calories?



It takes more energy to digest an 8-inch stalk of celery than the celery has in it to begin with!

TEST YOUR KNOWLEDGE!



NO CHEATING !!

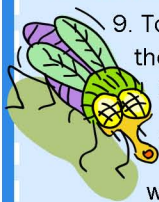
1. Carbohydrates can be found in almost all foods except:
 - a. Milk
 - b. Meat
 - c. Bread
 - d. Vegetables
2. Which mineral is critical for keeping a steady heartbeat?
 - a. Sodium
 - b. Magnesium
 - c. Selenium
 - d. Potassium
3. The squeezing motion that moves food along the intestines is called:
 - a. Paralysis
 - b. Peritonitis
 - c. Peristalsis
 - d. Peritonitis
4. Which vitamin can be produced by the body through exposure to sunlight?
 - a. Vitamin D
 - b. Vitamin B
 - c. Vitamin K
 - d. Vitamin A
5. Which nutrient does the body not absorb?
 - a. Fiber
 - b. Vitamins
 - c. Minerals
 - d. Water
6. The reddish/purple pigment that gives raspberries and eggplants their color is called:
 - a. Anthoxanthin
 - b. Carotene
 - c. Anthocyanin
 - d. Chlorophyll
7. Gout is caused by the buildup of what acid in between joints?
 - a. Lactic
 - b. Acetic
 - c. Sulfuric
 - d. Uric



Answers on next page!!

Ten Things You Didn't Know About... Your Skin!

1. It spans 21 square feet, weighing 9 pounds and containing more than 11 miles of blood vessels!
2. The skin releases as much as 3 gallons of sweat in a day, especially in hot weather!
3. Body odor is actually from a second kind of sweat made of fats in the armpit and genital regions!
4. The "odor" is caused by bacteria on the skin eating and digesting those fatty compounds!
5. Fetuses don't develop fingerprints until three months' gestation!
6. Some people never develop fingerprints at all!
7. The majority of dust particles in your house are made from dead skin cells, shed at a rate of 50,000 cells per minute!
8. Dead skin accounts for about 1 billion tons of dust in the atmosphere!
9. Touch receptors in the skin can respond to just 20 milligrams of pressure, or about the weight of a fly!
10. The libraries at Harvard Law School and Brown University have books clad in human skin that was stripped from criminals!



As... French as Apple Pie?!

Apple pie was FIRST made in France, then brought to England in the 11th century. Apple pie did not come to America until the pilgrims arrived!



Did You Know...

It takes 1,218 peanuts to make only one jar of peanut butter?

Questions? Comments?

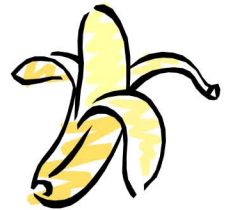
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Healthy, Hearty Recipes

Banana-Nut Bread

- 1 cup Mashed ripe banana
- 1/3 cup Low-fat buttermilk
- 1/2 cup Packed brown sugar
- 1/4 cup Margarine
- 1 Egg
- 2 cups All-purpose flour
- 1 tsp. Baking Powder
- 1/2 tsp. Baking Soda
- 1/2 tsp. Salt
- 1/2 cup Chopped pecans



Preheat oven to 350 degrees F and spray non-stick cooking spray on two 9x5-inch loaf pans.

Stir together mashed bananas and buttermilk; set aside. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well. Sift together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients and stir until well blended. Stir in nuts and put into prepared pans.



Bake for 50-55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pan. Remove from pan and complete cooling on wire rack before slicing.

Nutrition Facts	
Serving Size:	1/2 inch slice
Amount Per Serving	
Calories	133
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	12 g
Sodium	138 mg

**Tip: For an extra healthy recipe with added fiber, substitute 1 cup of all-purpose flour for 1 cup of whole wheat flour!

Plant Foods Word Scramble!

Veggies, fruits, nuts, roots, and more!



- CETIOKAHR _____
- ORSMUOHM _____
- SOUPSTR _____
- DRISAH _____
- CHIZINUC _____
- CAPKEHIC _____
- ROATCIP _____
- CRYERBARN _____
- MRSPEIONM _____
- PAGETUFFIR _____
- TECHTNSU _____
- MNLOAD _____

Did you Know?

Games and puzzles, like this word scramble, exercise your mind and help to enhance your memory, creativity, and intelligence!!!



Saturday, February 9th



Show: 5:30 am; Go: 6:00 am