

Be Well !

The Buzz



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Too Much Screen Time?

A study published in the Journal of the American College of Cardiology shows that there is a link between leisure screen time and key proteins and enzymes that influence cardiac health. This research supports previous studies that link sedentary lifestyles with a higher risk of heart attack and stroke. The recommendation is to spend less than 2 hours a day (during leisure time) in front of a screen (TV, computer, and video-gaming).

A few ideas to fill the time without turning on a screen:

- Clean (or clean out) something on your list
- Fix something that has been waiting
- Play a board or card game
- Organize a drawer, cabinet, or closet
- Learn something new (language, music, dance)
- Get out of the house (to visit, walk, or volunteer)
- Make something (craft, dinner, or bed)
- Write (letters, poems, or stories)
- Plan for something (garden, vacation, or retirement)
- [Check out these great tips for kids!](#)

Take the HRA

Health & Wellness: it is all about knowing where you're at and where you need to be.

Taking the Healthy Lifestyles Assessment is a great first step!

Town and School employees can take advantage of a FREE on-line assessment!

*Confidential
*Objective

Contact Be Well to get started!

February is Heart Health Month

KNOW the signs & symptoms of a heart attack!

While some heart attacks are sudden and intense, most heart attacks start slowly with mild pain or discomfort. Often people experiencing a heart attack aren't sure what's wrong and tend to wait too long before getting help. Here are 4 key signs that can indicate a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

From cdc.gov

Address Your Risk Factors:

High Blood Pressure: Know your score and keep it under control

Smoking: Be Well can help you find resources to quit the habit!

Physical Inactivity: Find the time for 30 minutes of moderate activity each day

Obesity or Overweight: Get the resources you need to lose excess weight

Diabetes: Maintain control of your blood sugar

What are YOU doing to support your heart health?

Health Tip!

'Here Fishy, Fishy'

Omega 3 fatty acids are good for your heart; and it is best to incorporate them into your weekly meals.

Eating two 3.5 ounce portions a week of these seafood items can benefit your heart health:

Salmon
Shrimp
Catfish
Pollock

Recommended by the American Heart Association

Be Well !

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An EHHD Wellness
Program



Check out *GymPact!* A fun and simple phone app to keep yourself motivated to hit the gym (or any regular fitness class). Get paid for meeting your goal... or pay the price for not! It is all on your terms (goal setting and amount); and works (almost) anywhere you work out! (click [here](#) to learn more)



Free on-site health screenings will be scheduled soon at schools and Town Halls across the Health District. Contact Be Well if you are interested in having us bring this service to your worksite!

Be Well is an employee wellness program provided through the Eastern Highlands Health District, through funding from the CT Dept. of Public Health. The goal of this program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Love Your Heart Soups!

Recipes adapted from allrecipes.com

Tomato Barley Soup

6 Servings

1 large onion, chopped
2 teaspoons minced garlic
2 fresh tomatoes, diced
10.75 oz can chicken broth*
Dash of ground black pepper

1 bag frozen mixed vegetables
2 1/2 cups water
14.5 oz can diced tomatoes*
1/4 cup uncooked barley

1. In a large saucepan over medium heat, spray pan with cooking spray and sauté onion until tender.
2. Add water, fresh tomatoes, canned tomatoes, chicken broth, barley and pepper.
3. Stir thoroughly and bring to a boil. Reduce heat to low and simmer for 35 to 40 minutes, or until barley is tender.

Calories 130 Total Fat: 5.6g Cholesterol: 0mg Sodium: 454mg
Total Carbs: 15.7g Dietary Fiber: 3.8g Protein: 4.6g

* Use low-sodium products to reduce the sodium content

Make every meal a heart-healthy :

- ♥ Choose lean unprocessed meats
- ♥ Learn and use appropriate serving sizes
- ♥ Use legumes (beans & tofu) as a main dish
 - ♥ Eat more fruits & vegetables
 - ♥ Be mindful of added fats
 - ♥ Choose whole grains



Cream of Tomato Soup

6 servings

4 fresh tomatoes, diced
1 tablespoon olive oil
2 cans condensed tomato soup*
ground black pepper to taste

1/2 onion, chopped
14 oz soft tofu
1 tsp ground garlic
dash of dried basil

1. Sauté tomatoes and onion in olive oil until onions are clear.
2. Blend the canned soup and tofu in a blender, then add this blended mixture to the sautéed onions and tomatoes. Warm through and add water as needed. Add garlic and pepper, and serve hot. (Note, 2 cans of diced tomatoes can be substituted for the fresh tomato)

Calories: 155 Total Fat: 6.5g Cholesterol: 0mg Sodium: 575mg
Total Carbs: 20.2g Dietary Fiber: 2.1g Protein: 7.2g

Active Living Tip:

Walk Safely On Ice!

- ♦ Take smaller steps
- ♦ Point your feet out slightly to increase your center of gravity (penguin walk!)
- ♦ Dark, shiny, or wet surface? Think: ICY
- ♦ Wear shoes with non-slip soles and low heels

Adapted from IWIF