

The UConn Buzz



Have a “Heart to Heart” About Your Health



- Use this [“heart age predictor” calculator](#) to find out the age of your heart. [Discover your 10 year risk of heart attack here.](#)
- [Take this assessment](#) to understand your current level of cardiovascular health and set some personal goals.
- **Have regular check ups with your doctor;** Many symptoms caused by heart disease can go unnoticed.
- **Get your shut eye.** Research shows that people who get at least 7 hours of sleep per have a lower risk for developing heart disease.

February is the month that many of us celebrate our significant other on Valentines Day, but it's also national Heart Health Awareness Month. Heart disease is the number one cause of death in United states taking over 600,000 lives each year. It is the leading cause of death across multiple demographics, and a disease that can be prevented and managed with the right lifestyle choices in place.

Before you begin making lifestyle choices that will lead you to a healthier heart, evaluate your motivation behind making the changes. Perhaps you want to spend more time with family, or be in better shape to do some summer hiking. The heart symbolizes love, so show your own heart some love by trying out some of these tips!



[Cocoa Dusted Almonds](#)



[Warm Pear with Cinnamon Ricotta](#)

Love your heart by enjoying one of these tasty desserts that are packed with heart healthy nutrients like healthy unsaturated fats, fiber and calcium!



- Look for foods with less than 200mg of salt per serving. [According to the CDC](#), more than 75% pf the Sodium Americans consume is from processed and restaurant food, not the salt shaker.
- **Aim for 6 cups** of fresh fruits and veggies per day.
- **Stay hydrated** with at least 8 cups of water/day.
- **Get a stress busting hobby.** You can't avoid stress completely, but [how you react to it](#) can shape your physical and emotional stress.
- **Exercise regularly** to maintain a strong heart and healthy weight.



CT Poison Control 24/hotline: 1-800-222-1222

CT Quit Line: 1-800-QUIT-NOW



Leap Into The Leap Year!

Leap years only come around every four years, a perfect excuse to try something new! Use these tips to help reinvigorate your goals and bring you closer to inner peace and contentment with your life:

- **Clear Out Clutter:** Mental, physical and emotional clutter can get in the way of you moving forward. Take some time to clear out the areas you spend the most time in and experience a heightened sense of clarity and joy.
- **Try something new:** To avoid the everyday routine and to take advantage of the extra day this year and try something new. Tap into your artsy, athletic, book-worm, culinary, or nature-loving self!
- **Pursue the people and things that bring you joy:** Nourish your authentic self by doing something that brings you joy everyday. And spending time with people who uplift and motivate you.



Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from the CT Dept. of Public Health. The goal of the program is to make the healthy choice the easy choice.

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Five Ways to Combat Stress and Anxiety in 5 Minutes or Less

- 1. Take a quick break.** Stepping away from a situation can help you keep it in perspective.
- 2. Take a sip.** "A cup of tea is a cup of peace."
- 3. Check in with your body.** Are you hungry, tired or thirsty? Any of these physical needs can cause us to over react to stress.
- 4. Get outside.** Fresh air always boosts the mood and energy levels.
- 5. Call a friend and have a good laugh.** A happy or funny memory helps lighten your heart and calm you down.

Last month's poll: the most popular wellness topics of our readers are healthy eating, sleep health and stress management.



This Month's Poll:

Would you be interested in and use an anonymous "Ask Be Well" column in the newsletter as a way to share answers to wellness questions you have? [Click here to take the poll!](#)

Sources for this issue include heart.org, cdc.gov, mindbodygreen.com & webmd.com

Tips for Winter Sips

It's important to remember that not one food or drink will treat or cure a disease, but when combined with a healthy diet these teas can add some valuable nutrition to your overall diet:

- **Black Tea:** Caffeine content almost equal to coffee; contains antioxidants known to support healthy cholesterol levels; steep 3-5 minutes
- **Oolong Tea:** Caffeine levels slightly less than black tea; may help lower triglyceride levels and boost metabolism; steep 3-5 minutes
- **Green Tea:** Caffeine content about half of coffee; may help lower your risk for cardiovascular disease and cancer; steep 2-3 minutes
- **White tea:** Caffeine about 25% of coffee; may aid in lowering LDL ("bad") cholesterol; steep 1-3 minutes
- **Fruit/Herbal Teas:** Caffeine free; helps with sugar cravings and contain antioxidants; steep 5-7 minutes



Game Day Munchies:

Cauliflower Buffalo "Wings"

Ingredients

- 1 medium head cauliflower, washed and cut into bite-sized pieces
- 1/2 cup garbanzo bean flour (*found in natural foods section at most grocery stores*)
- 1/2 cup water
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon melted butter or coconut oil
- 2/3 cup hot sauce (we used Franks)



← *This recipe is Be Well tested and approved!*



Step 1

Preheat the oven to 400 degrees. Combine the flour, water, garlic and salt into a batter. Coat cauliflower bites in the garbanzo batter.



Step 2

Place the coated cauliflower onto a lightly greased pan. Bake for 15 minutes, tossing halfway through.



Step 3

Combine the melted butter or oil with the hot sauce. Remove the cauliflower from the oven and gently toss in the sauce.



Step 4

Place pan back in the oven for 15 more minutes, or until the cauliflower is light brown and crispy. Serve with your favorite wing sauce & celery. Enjoy!