



February 2014

Keep Your Heart Healthy

This time of year, with thoughts of Valentine's Day fresh in our minds, you might associate hearts with romance and red roses. But there are two kinds of hearts—in addition to hosting Valentine's Day, February also serves as Heart Health Month. Take some time this month to think about the blood-pumping kind of heart and what you can do to keep yours healthy.

Risk factors for heart disease include related health conditions, unhealthy behaviors and hereditary factors. Health conditions that can increase your chances of heart disease include high blood pressure, high cholesterol and diabetes. Cigarette smoking and tobacco use, poor diet, physical inactivity and excessive alcohol consumption are some behaviors that can adversely affect your heart health. Also, for some people, family health history can predict your risk of heart disease.

While you can't change bad genes or eliminate all risks, there are a few choices you can make to lessen your susceptibility to heart disease. According to the Centers for Disease Control and Prevention (CDC), you can engage in a few simple preventive measures to help ward off heart problems.

- Eat at least five servings of fruit and vegetables every day. Whole grains and low-fat dairy are also good for you.
- Reduce your consumption of foods high in fat, cholesterol and salt.
- Maintain a healthy weight.
- Monitor your blood pressure and cholesterol levels, and, if you have diabetes, manage it as recommended by your doctor.
- Try to include at least 30 minutes of moderately intense exercise, such as biking or shoveling snow, into your daily routine.
- Don't start smoking, or, if you already smoke, consider quitting.
- Recognize the signs and symptoms of a heart attack and call 911 immediately if you think someone is suffering a heart attack.

When you know the risks of heart disease and the symptoms of a heart attack, you can help protect your heart for you and your loved ones.

Preventing the Flu by the Wellness Center Clinical Team

The flu season is still here with us. According to the Centers for Disease Control and Prevention, February is the peak month of flu activity, followed by December, January and March. The board-certified Nurse Practitioners at the Wellness Center are available to provide convenient and comprehensive care **at no charge** to you, your spouse or qualified same-sex domestic partner. Here are some tips to preventing the spread of the cold and flu viruses:

- Cover your nose and mouth when you cough or sneeze.
- Keep your hands clean, use alcohol-based hand sanitizer when you cannot wash your hands.
- Keep surfaces clean.
- Stay home when you are sick; limit your contact with those around you who may be sick.
- Get vaccinated for the flu.

IT'S NOT TOO LATE! The Wellness Center has a limited amount of flu vaccine still available. They are located at 161 College Ave. on the ground level of The Steve Tisch Sports and Fitness Center. You can reach the Center at X70467.

One Step at a Time

Whether meandering from the couch to the refrigerator for a snack or cruising around the block as part of an exercise routine, almost everyone includes some walking into their day. Walking is a great form of exercise for achieving better health and burning calories. But do you know the recommended amount of walking to achieve optimum benefits?

Studies show that walking 10,000 steps, or about 5 miles, is an excellent daily goal for most people. But you don't have to do endless laps around the local high school track; steps throughout your day all add up to a healthier you. Try wearing a pedometer to help you monitor how close you are to reaching your goal—whether you start by aiming for 5,000, 10,000 or 20,000 steps a day. Here are some ways to incorporate more steps into your daily life:

- Climb the stairs instead of taking the elevator.
- Park a few spots farther from the door and stretch your legs with long strides before shuffling through a crowded store.
- If you sit at a desk all day, drink a lot of water. Your body will periodically remind you to get up for a stroll to the restroom.
- Window-shop downtown or at the mall instead of surfing online stores.
- Give in to those puppy eyes and take your dog for a walk.

Every step counts so keep walking!

Employee Spotlight

In her own words, Mary Dulatre, Assistant Director of Student Affairs at the Fletcher School, shares her experience working with the Wellness Center staff on her health and wellness goals:

“What is the best gift you’ve ever received? For me, it’s something that makes me feel good, I can enjoy it when I want, and I never have to pay for it. Tufts has given its employees a wonderful gift and that’s our Wellness Center!”

I am a pretty healthy individual who visits the Wellness Center often. I exercise and eat right most days and rarely get a cold or the flu. So why would I devote so much time to visiting the Wellness Center? It is because wellness is more than getting a check-up when you feel sick. Wellness is the result of discipline and commitment to being your best self. My health coach, Karam Yoo, and the whole staff at the Wellness Center have been my greatest support in making this happen.

My goal when I started going to the Wellness Center was to lose weight. My experience working with Karam in the journey to get to my target weight has been so personal. She is encouraging and empowers me to come up with solutions to the challenges I face. She has connected me with useful resources that expand my knowledge of being holistically healthy. I truly believe I am a better person because of the Wellness Center.”

To share your story, please contact the Wellness Center staff at X70467.

Lemon Chicken

After a brisk walk in the winter air, satisfy your appetite with this deliciously healthy baked chicken. With the delightful tang of lemon, this dish is sure to impress your whole family.

- 1½ pounds chicken breast, skinned and fat removed
- ½ cup fresh lemon juice
- 2 tbsp. white wine vinegar
- ½ cup fresh sliced lemon peel
- 3 tsp. chopped fresh oregano or 1 tsp. dried oregano, crushed
- 1 medium onion, sliced
- ½ tsp. paprika
- salt and black pepper to taste

Place chicken in 13x9x2-inch glass baking dish. Mix lemon juice, vinegar, lemon peel, oregano and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally. Sprinkle with salt, pepper and paprika.

Cover and bake at 325 F for 30 minutes. Uncover and bake 30 minutes more or until done.

Yield: 4 servings. Each serving provides 154 calories, 5 g total fat, 2 g saturated fat, 63 mg cholesterol and 202 mg sodium.

Source: U.S. Health and Human Services

FREE!!! **BLOOD PRESSURE** **SCREENING**

Every Monday, 12-1:00 pm

**at The Wellness Center,
161 College Ave., first floor
Steve Tisch Sports and
Fitness Center.**

No appointment necessary.

Marathon
health
For life.