

HDHeartbeat

A Health Designs Newsletter



Are You Taking Care of Your Most Important Muscle?

Heart disease is the leading cause of death in both men and women in the United States. It is dubbed the silent killer as most don't show any signs of concern until a major heart health event, such as heart attack, occurs. How can we show love to our most important muscle?

- Schedule a visit with your doctor. An annual physical typically includes blood pressure reading and bloodwork to review your blood cholesterol and sugar levels.
- Manage stress with meditation or mindfulness.
- Aim for 7 to 9 hours of sleep each night to support total body recovery.
- Eat nutrient-dense meals that focus on high-fiber foods and unsaturated fats. These nutrients can be found in whole grains, fruits and vegetables, avocados, nuts and seeds, and fish. You should limit your intake of foods that are high in salt, added sugars, and saturated fats.
- Stay active by aiming for 150 minutes of moderate-intensity aerobic exercise each week. If you're just starting out, break this up into smaller exercise snacks that are achievable for you.

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Nutrition's Role in a Healthy Heart

A diet that is balanced and nutrient-dense can have profound effects on our overall health and well-being. When we consume and enjoy these nutrient-dense meals we can expect more energy, stronger bones and teeth, a healthy gut biome, improved immune system, and even the management or prevention of chronic illness such as heart disease. Keep the following in mind the next time you fix your plate.

- Fill half your plate with fruits and vegetables that are packed with vitamins, minerals, and other nutrients such as dietary fiber.
- Fill a quarter of your plate with grains, ensuring half of your intake comes from whole grain sources such as brown rice, quinoa, whole-grain pasta, whole-wheat bread, etc.
- Fill the last quarter of your plate with a lean protein source from chicken breast and fish to nuts, seeds, and legumes like walnuts or lentils.
- If you use fats in your cooking, then opt for version that is packed with mono- and poly-unsaturated fats such as olive oil, canola oil, nuts and seeds, or avocados.

HD MONTHLY CHALLENGE

We challenge you to care for you heart by scheduling your annual physical with your doctor. Learn more about your personal metrics so you can begin steps to preserving your heart health!

Mediterranean Salmon

- 4 salmon fillets (wild-caught for better flavor)
- 3 tbsp of olive oil
- ¼ cup fresh parsley and dill, finely chopped
- 3 cloves of garlic, minced.
- 2 tbsp fresh lemon juice
- 1 cup halved cherry tomatoes
- ½ cup crumbled feta, optional



1. Preheat oven to 400 degrees Fahrenheit
2. Line baking sheet with parchment paper or aluminum foil.
3. In small bowl, whisk olive oil, minced garlic, lemon juice, chopped parsley, dill, salt and pepper, and crumbled feta cheese. Once mixed place salmon fillets into large Ziploc bag and pour half the marinade on them so they are well coated. Let marinade for 15 minutes.
4. Place fillets skin-side down on baking sheet, spaced apart. Place cherry tomatoes around fillets and drizzle remaining marinade over everything.
5. Bake for 12-15 minutes or until internal temperature reaches atleast 145 degree Fahrenheit.

Heart Health in Motion: The Power of Physical Activity

Physical activity provides many healthy benefits from improved mood and decreased stress to weight management and to management or prevention of chronic health conditions such as type diabetes, metabolic syndrome, and heart disease.

There are three types of exercise you should include in your physical activity regimen.

- 30 minutes or more of moderate intensity aerobic exercise, five days a week can improve your circulation lowering your heart rate and blood pressure. Keeping the circulatory system strong in turn helps lower type diabetes risk by allowing optimal management of blood sugar levels.
- Resistance training that works major muscle groups at least twice a week can help build lean muscle while reducing excess fat tissue. A combination of cardiovascular exercise and strength training can help manage HDL and LDL cholesterol levels, keeping the circulatory system in good standing.
- Flexibility training either through simple stretching or yoga and tai chi is there to keep the musculoskeletal system healthy. Flexibility training keeps the joints flexible and can manage muscular cramping, both issues can impact how much exercise you achieve on any given day.

THE IMPORTANCE OF KNOWING YOUR HEART HEALTH NUMBERS

In this newsletter we talked a lot about how we can support our heart health; from a well-balanced diet to more exercise. However, the first step should be getting screened to know your own personal metrics for cholesterol, LDL, HDL, and triglycerides. Click the below icon to uncover why these metrics are so important to support your heart health!

