

Just in time for Valentine's Day: Heart Healthy Tips

February is not just about flowers and chocolate — it is also American Heart Month. These heart healthy tips can be shared with your friends and family.

Know your numbers

High blood pressure, or hypertension, is a major risk factor for heart attacks, strokes and heart failure. Many people with high blood pressure are unaware that they have this condition. There are effective treatments for hypertension in addition to lifestyle modifications.

Choose heart healthy foods

Uncontrolled high blood pressure is the leading cause of heart disease and stroke according to the Centers for Disease Control and Prevention (CDC). Foods that help decrease blood pressure naturally include oats, fruits, vegetables, probiotic rich yogurt and dark chocolate.

Sweat it out

Exercise is linked to heart health. Participate in at least 150 minutes per week of moderate exercise. Walking, dancing and yoga are good exercises. Choose what works best for you.

Reduce salt intake

Can't imagine your favorite foods without that added salt? Over time you can re-train your taste buds to become accustomed to a lower sodium diet. You will start to notice subtle flavors in your foods again. Limiting the salt in your diet can also lower your blood pressure.

Weight management

Determine if you are within a healthy weight range by calculating your body mass index (BMI). These measurements tell you and your physician whether you're at a healthy body weight and composition. Being obese puts you at higher risk for health problems such as heart disease, stroke, atrial fibrillation, congestive heart failure and other issues.

How do you know which risk factors you have? Your healthcare provider may conduct or request screening tests during regular visits. Need assistance scheduling a routine visit? Call Service Coordination at (888) 977-3319.

Want to know your numbers? Let us help!

Call Service Coordination to schedule an appointment.

(888) 977-3319

For full article, visit: https://www.cdc.gov/heartdisease/medical_conditions.htm



SAFETY TIPS

FEBRUARY 2018

Workplace Safety: Preventing Falls

Every employee should be aware of safety issues and help prevent workplace accidents. It takes only a few moments to take action that may prevent a serious injury – wipe up a spill, report a damaged handrail or pick up an item left in the walkway. In order to prevent injuries from occurring, you must be continually on the lookout for workplace hazards.

Here are some general OSHA standards:

- Permanent aisles must be designated and kept clear of obstructions.
- Stairs must meet specific design requirements.
- Ladders must be available and be maintained in a safe condition.
- Scaffolding must meet specific design and safety requirements.
- Floor, wall openings and holes must be properly guarded.
- Employees must not be placed at risk of injury due to poor housekeeping.

To reduce the risk of falling at work, pay attention to your surroundings and walk at a pace that is suitable for the surface you are on and the task you are performing. Walk with your feet pointed slightly outward, make wide turns when walking around corners and use the handrails on stairs. Keep housekeeping a priority by following these prevention methods:

- Clean up spills as soon as they occur.
- Mark spills with warning signs.
- Mop or sweep up debris from floors.
- Remove obstacles from walkways.
- Secure mats and carpets to ensure they remain flat.
- Close cabinets or drawers when not in use.
- Keep workplaces and walkways well lighted.
- Replace burned-out lightbulbs and faulty switches.

Be alert and stay safe! If you spot any potential hazards, immediately correct them or report them to your supervisor.

To schedule
a safety talk,
call Service
Coordination
today!

(888) 977-3319

For full article, visit
<https://www.cdc.gov/niosh/topics/falls/>

**SAFETY
FIRST!**



Recipe



Spinach Stuffed Baked Salmon

Ingredients (4 servings)

- 1 tsp olive oil (extra virgin preferred)
- 2 oz spinach
- 1 tsp grated lemon zest
- 1/4 cup chopped, roasted red bell peppers, rinsed and drained if bottled
- 1/4 cup fresh basil (coarsely chopped)
- 2 Tbsp chopped walnuts
- 4 salmon filets (about 4 ounces each)
- 2 Tbsp Dijon mustard
- 2 Tbsp plain dry bread crumbs, lowest sodium available
- 1/2 tsp dried oregano (crumbled)
- 1/2 tsp garlic powder
- 1/8 tsp pepper

NUTRITION FACTS

Calories 208
 Total Fat 8.5g
 Cholesterol 65mg
 Sodium 280mg
 Total Carbohydrates 6g
 Protein 27g

Directions

1. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for 2 minutes or until the spinach is wilted. Stir constantly. Transfer to a medium bowl. Stir in the roasted peppers, basil and walnuts. Let cool for 5 minutes.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
3. Cut a lengthwise slit in the side of each filet to make a pocket for the stuffing. Do not cut through to the other side. Carefully stuff a scant 1/2 cup spinach mixture into each filet. Transfer to the baking sheet. With a pastry brush or spoon, spread the mustard over the fish.
4. In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray the top with cooking spray.
5. Bake for 12 to 13 minutes or until the fish is the desired doneness and the filling is heated through.

For the full recipe and nutritional facts, got to:
<https://recipes.heart.org/recipes/1267/spinach-stuffed-baked-salmon>

