



February 2016 Heart Smart



SETA WELLNESS PROGRAM



Everybody. Everyday. Fitness Campaign

started with a bang on Sunday, January 24. Sixty SETA staff agency-wide are participating, with the intent of creating movement activities everyday for 6 weeks, thus creating movement towards their goals, towards confidence and mastery, towards enhanced well-being! - the POWER OF INTENT! California Family Fitness representatives and trainers helped to kick the campaign off by presenting tips on exercises you can do at work, guest passes and wellness incentives. Also, Staff agency wide are supporting each other by creating daily walking groups. If you weren't able to join the campaign but would like tips or strategies to start your personal fitness program, contact us—we'll be glad to help!

How to Help Prevent Heart Disease—At Any Age

You're never too young-or too old-to take care of your heart. Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life.

Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life

-CHOOSE A HEALTHY EATING PLAN: The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, trans fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (2 x a week), nuts, legumes and seeds and try eating some meals without meat (meatless Mondays). Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.

BE PHYSICALLY ACTIVE: You can slowly work up to at least 2 1/2 hours (150 minutes of moderate-intensity aerobic physical activity (e.g. brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g. jogging, running) or a combination of both every week.

Additionally, on 2 or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips back, abdomen, chest shoulders, and arms).

LEARN THE WARNING SIGNS OF A HEART ATTACK AND STROKE: Not everyone experience sudden numbness with a stroke or severe chest pain with a heart attack. Heart attack symptoms in women can be different than men. To learn more, go to:

http://www.heart.org/HEARTORG/Conditions/911-Warnings-Signs-of-a-Heart-Attack_UCM_305346_SubHomePage.jsp

Resource: www.heart.org/HEARTORG/HealthyLiving/How-to-help-prevent

Power Food of The Month: Heart Smart Recipe—Sweet Potatoes

BE A WORKSITE CHAMPION!

Do you have a passion, skill or talent you would like to transform into a Wellness activity? If so, we can make it happen! The Wellness Team at SETA also has resources to assist you. Contact us about our Worksite Champion program.

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Sweet potatoes are naturally fat free, saturated fat free, low sodium, cholesterol free, high in vitamin A and C and are a good source of potassium. They are also high in dietary fiber! Eat them up!



Vitamin C helps keep your cells healthy from free-radical damage, helps your immune system function, and helps absorb iron from plants. Vitamin D is good for muscle and bone health.

Quarter sweet potatoes and drizzle with olive oil. Bake at 400 degrees for 40-60 minutes. For a spicy twist, add cayenne pepper or black pepper to your fries.

Upcoming Wellness Events

- ◆ Journaling for the Novice/Tammi Kerch — Feb. 11
- ◆ Dance Your Stress Away/Elizabeth Garcia - Feb 17
- ◆ Quarterly Wellness Meeting—Feb. 18
- ◆ Heart Smart (Lunch & Learn)/Sutter Health—Feb. 24
- ◆ Everybody. Everyday Campaign ENDS—Mar. 5
- ◆ Paleo for Modern Living/Lecture-Book Signing @ Sutter Medical Center —Mar. 30

For more information contact the Wellness Program

HOW WILL YOU BRING COLOR INTO YOUR YEAR?

A big THANK YOU to Tammi Kerch, Accountant II, for hosting the coloring event on January 26th after work. Staff attending enjoyed coloring, using various mediums, and some even brought their own coloring instruments. Tammi hopes to host a similar event in the next few months...

Join us next time and bring color into your world!