

Wellness Wednesday

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



SHOW YOUR HEART SOME L♥VE

February is **American Heart Month**. According to the American Heart Association, during this month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual campaign unites millions of people for a common goal: the eradication of heart disease and stroke.

Cardiovascular disease—heart disease, stroke and high blood pressure—is the number one killer of women and men in the United States. Heart disease kills approximately one woman every minute. Many things can put you at risk for these problems—some you can control, and others you can't. But the key takeaway is that with the right information, education and care, heart disease in women can be treated, prevented and even ended.

GET TO THE HEART OF THE MATTER

Here are some heart-healthy suggestions to get you started. Adopting these habits can help keep your heart strong and also reduce your risk for other conditions.

Know your numbers. Get a regular check-up, even if you feel healthy. **Stay tuned for upcoming emails and announcements on how to get your FREE screening during our Know Your Numbers campaign!**

Stand up for your health. The more you sit, the higher your risk for heart problems. Try standing when you'd normally sit, like when you're watching TV—or setting a reminder on your phone to get up and move once an hour.

Aim for heart healthy gums. People with gum disease may be at risk for heart disease. Be sure to brush twice a day, floss at least once a day and get regular dental checkups.

Get the facts on fats. Some fats are healthier than others. Unsaturated fats like olive oil and avocado are considered superfoods you should eat often — whereas you should limit saturated fats like butter, and avoid trans fats altogether.

Eat a healthy diet. Make sure to include a variety of fruits and vegetables, whole grains, low-fat and fat-free dairy products and skinless poultry and fish.

Don't smoke. Cigarette smoking greatly increases your risk for cardiovascular disease. If you don't smoke, don't start. If you do smoke, quite as soon as possible.

Know your family history. If you don't know the full history, start with your immediate family. Find out if your brothers, sisters, parents or grandparents had heart disease or stroke and how old they were when they developed these diseases.

Stay active. Incorporate exercise into your day in different ways: taking the stairs instead of the elevator, walking during your break and parking far from the main entrance of your workplace.

GO RED FOR WOMEN.

The nation goes red on the first Friday in February. *Go Red for Women* is the American Heart Association's global initiative to end heart disease and stroke in women. Launched in 2004 to close the gap in awareness, Go Red quickly expanded into a worldwide movement dedicated to removing the barriers women face to achieving good health and wellbeing. National Wear Red Day is Friday, February 7.

Feb. 7
Wear Red
Day



Send a photo of you or your team wearing red on Friday to LevelUp@co.pg.md.us and you could win a special prize!

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