



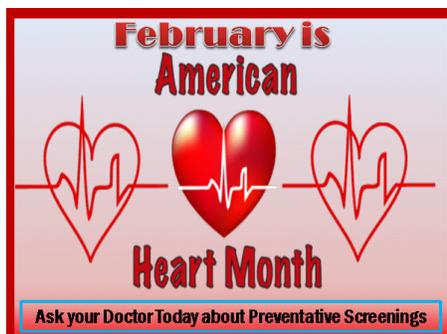
HEALTHY AT 80

We Heart You!

More than one in three adults has some form of heart disease. The good news is that 80% of heart disease and stroke can be prevented! So how do you protect yourself? With the Simple 7—easy-to-embrace ways to significantly lower your risk of heart disease and improve your health.

- 1) **Get Active.** Take the stairs instead of the elevator, park at the farthest end of the parking lot or use your lunch break to take a quick walk. When you're ready, aim for at least 2 ½ hours of moderate physical activity each week. You can accomplish that goal by taking a 20-minute walk every evening—not too hard, right?
- 2) **Control Cholesterol.** Despite its reputation, cholesterol isn't all bad. In fact, it plays an important role in keeping us healthy. But a balance must be struck to prevent too much cholesterol in the blood. You can produce more good cholesterol by exercising regularly and limiting saturated fat, and decrease bad cholesterol by avoiding too many animal products, such as red meats and full-fat dairy, and including healthier fats such as olive oil, avocados, and nuts.
- 3) **Nourish Your Body.** Eating the right foods can help you control your weight, blood pressure, blood sugar and cholesterol. Focus on fruits, vegetables, and whole grains.

See inside for more Simple 7 steps!

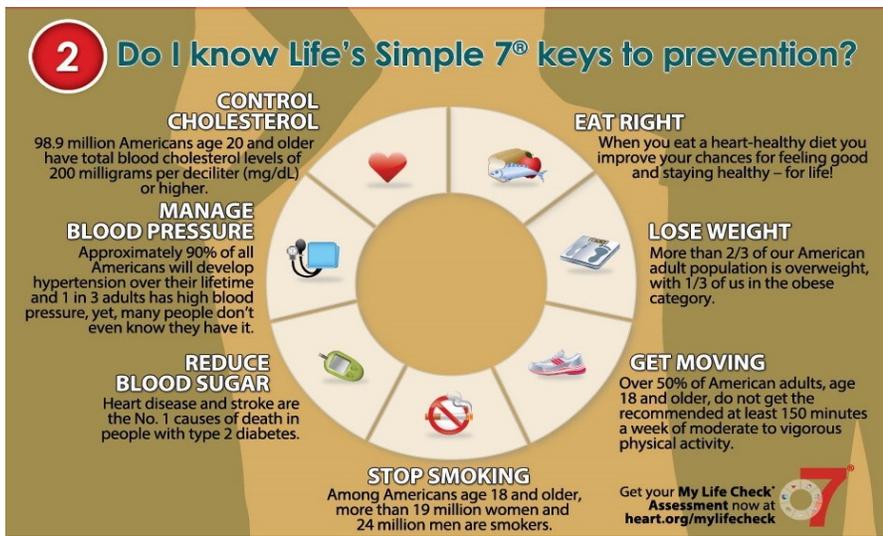


Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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- Moderate? Vigorous? How Do I Know?
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- Delicious & Nutritious: Turkey Quinoa Chili



Moderate? Vigorous? How Do I Know?

To improve heart health, the American Heart Association recommends at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week – or a combination of the two. But what exactly do moderate and vigorous exercise mean?

Examples of Moderate Intensity:

- Walking briskly (not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Ballroom dancing
- Gardening.

Examples of Vigorous Intensity:

- Race walking, jogging, or running
- Swimming laps
- Playing Tennis or Basketball
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack.

We Heart You—Simple 7 Steps to Good Health (continued from pg.1)

4) Manage Blood Pressure. Keeping your blood pressure in a healthy range starts with eating a heart-healthy diet. Other important factors are exercising regularly; not smoking; maintaining a healthy weight; limiting salt and alcohol; and taking medication prescribed by your doctor.

5) Maintain a Healthy Weight. Too much fat, especially around the belly, increases your risk for high blood pressure, high cholesterol and diabetes. So give your heart a break by dropping the extra pounds — and keeping them off. Every little bit helps. You can shed 24 pounds a year by dropping just 2 pounds a month, and losing as little as 3-5% of your body weight can decrease your heart disease risk.

6) Reduce Blood Sugar. Diabetes can quadruple your risk of heart disease or stroke. If left untreated, diabetes can also cause blindness and nerve disease, among other health complications. You can minimize the impact of diabetes on your body — and even prevent or delay the onset of diabetes — by eating right, controlling your weight, exercising and taking medication prescribed your doctor.

7) Stop Smoking. Going smoke-free can help prevent not only heart disease and stroke, but also cancer and chronic lung disease. The payoff is almost immediate. Quit smoking and you'll have the same risk level for developing heart disease as non-smokers within only a few years.

GO RED!

This Friday February 5 is National Wear Red for Women Day to highlight heart disease and its impact on women's health. How can you GO RED?

Get your Numbers: Ask your doctor to check your blood pressure and cholesterol

Own your lifestyle: Stop smoking, lose weight, exercise, and eat healthy. It's up to you. No one can do it for you.

Realize your risk

Educate your family: Make healthy food choices for you and your family. Teach your kids the importance of staying active

Don't be silent: Tell every woman you know that heart disease is our No. 1 killer so we can all get healthy and save lives together!

3 Am I making an effort or making excuses?

Top "barriers" to healthy living from a recent survey of website visitors to heart.org:

14%

Costs too much to eat healthy. Think again! Try our tips to save you money and time: heart.org/healthytips

I live a heart-healthy lifestyle.

Great job! Learn more about preventing heart disease at any age: heart.org/atanyage

27%

18%

Don't want to stop eating foods they like. Then DON'T! Just find healthy ways to prepare them here: heart.org/recipes

14%

Don't like exercising. Keep trying! Here are our top 5 tips to loving exercise ... or at least not hating it: heart.org/lovingactivity

12%

Too busy taking care of others to take care of myself. To do the best for our loved ones, we must make an effort to be in the best possible health ourselves. heart.org/caringforyourself

17%

Don't have time to exercise regularly. Don't worry, 10 minutes, 3 times a day is all it takes. heart.org/take10

7%

I don't really know how to take care of my heart. You're in luck! We have all the heart-health information you need. heart.org/conditions



Start here: heart.org/makinganeffort

Nutrition Bites!



Community Health Centers of Greater Dayton

Your body is your vehicle, so you have to keep your engine — your heart — running when you work out. That means fueling up your tank with the right foods and your radiator with the right fluids!

- ⇒ **Fuel up** two hours before you exercise by hydrating with water and eating healthy carbohydrates such as whole-grain cereals (with low-fat or skim milk), whole-wheat toast (without the fatty cream cheese), low-fat or fat-free yogurt, whole grain pasta, brown rice, or fruits and vegetables.
- ⇒ **Make a Pit Stop!** Keep your body hydrated with small, frequent sips of water while you exercise. You don't need to eat during a workout that's an hour or less.
- ⇒ **Refuel Your Tank.** After your workout, refuel by drinking plenty of water. It's important to realize that most of your refueling needs depend on what kind of workout you're doing

Delicious & Nutritious

Beat the winter chill with a warm bowlful of soup on a chilly night. This flavor-packed soup is satisfying without the calories and fat. Bonus: less than 550mg of sodium per serving!

Turkey Quinoa Chili

- 1 cup quinoa, rinsed
- 3-1/2 cups water, divided
- 1/2 pound lean ground turkey
- 1 large sweet onion, chopped
- 1 medium sweet red pepper, chopped
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1/2 teaspoon ground cinnamon
- 2 (15 oz) cans black beans, rinsed and drained
- 1 can (28 ounces) crushed tomatoes
- 1 medium zucchini, chopped
- 1 chipotle pepper in adobo sauce, chopped
- 1 tablespoon adobo sauce
- 1 bay leaf
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup frozen corn, thawed
- 1/4 cup minced fresh cilantro

- ⇒ In a large saucepan, simmer quinoa & 2 cups water for 12-15 minutes or until water is absorbed. Remove from the heat; fluff with a fork and set aside.
- ⇒ In a large saucepan coated with cooking spray, cook the turkey, onion, red pepper and garlic over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the chili powder, cumin and cinnamon; cook 2 minutes longer. Add the black beans, tomatoes, zucchini, chipotle pepper, adobo sauce, bay leaf, oregano, salt, pepper and remaining water. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Stir in corn, quinoa, and cilantro; heat through. Discard bay leaf; stir in cilantro.

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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