



Employee Wellness

Health Road Trip



Heartford  
Connecticut



# HEALTHY LIVING IS HEART WORK!

**There once was a city called Machesthurts that was located just north of Heartford, Connecticut. Machesthurts was so saturated with high-fat restaurants and smoking establishments that all the main arteries in and out of town were clogged.**

Dr. Nancy Heartwell, an aspiring young doctor in town, did some research on the community as part of her medical studies. She was alarmed to discover that Machesthurts had the highest incidence of heart disease and stroke in the country!

So Dr. Heartwell took her research to heart and decided that something needed to be done. She and several colleagues and friends started a healthy community just

south of Machesthurts. They called it Heartford.

Word spread quickly about the healthy community and how great the residents felt. The majority of the residents of Machesthurts, in fact, moved to Heartford to join in the healthy lifestyles.



**Here are some sound tips on making heart healthy choices when eating out.**

- Substitute high fat items like French fries with a baked potato, salad, or fresh vegetable.
- Opt for a healthy appetizer in lieu of a full meal.
- Request that dressing, sauces and gravies be served on the side.
- Choose grilled, broiled, steamed, or baked options instead of breaded or batter-dipped fried options.
- Ask your server how the menu items are prepared. Healthy substitutions (such as using a red sauce instead of a white, creamy sauce in an Italian dish) are often an easy switch.

# HEARTFORD BEAT

The Hartford Beat Newspaper

Hartford, Connecticut

Circulation: Ongoing Strong

## EAT SMART! CHOOSE HEALTHY FATS!

The heart, like any other muscle in your body, requires a steady supply of blood from your arteries. Coronary artery disease occurs when fats, cholesterol, and other substances build-up on the inner walls of the coronary arteries and form plaque. This plaque makes it difficult for the blood to flow to the heart.

In general, Americans consume too much of the unhealthy fats known as saturated and trans fat. Both contribute to the development of plaque and play a role in coronary artery disease.

Saturated fats are solid at room temperature, making them easy to spot. Meats, butter, dairy items and many

processed foods including fried and commercial baked goods contain saturated fat.

Healthier fat options include polyunsaturated and monounsaturated fats. These are found in vegetable oils, nuts, and seeds. Keep in mind that all fats provide a rich source of energy at 9 calories per gram. Choosing heart healthy fats and limiting total fat intake to no more than 35% of your daily caloric intake is your best bet to reduce your risk for heart disease.

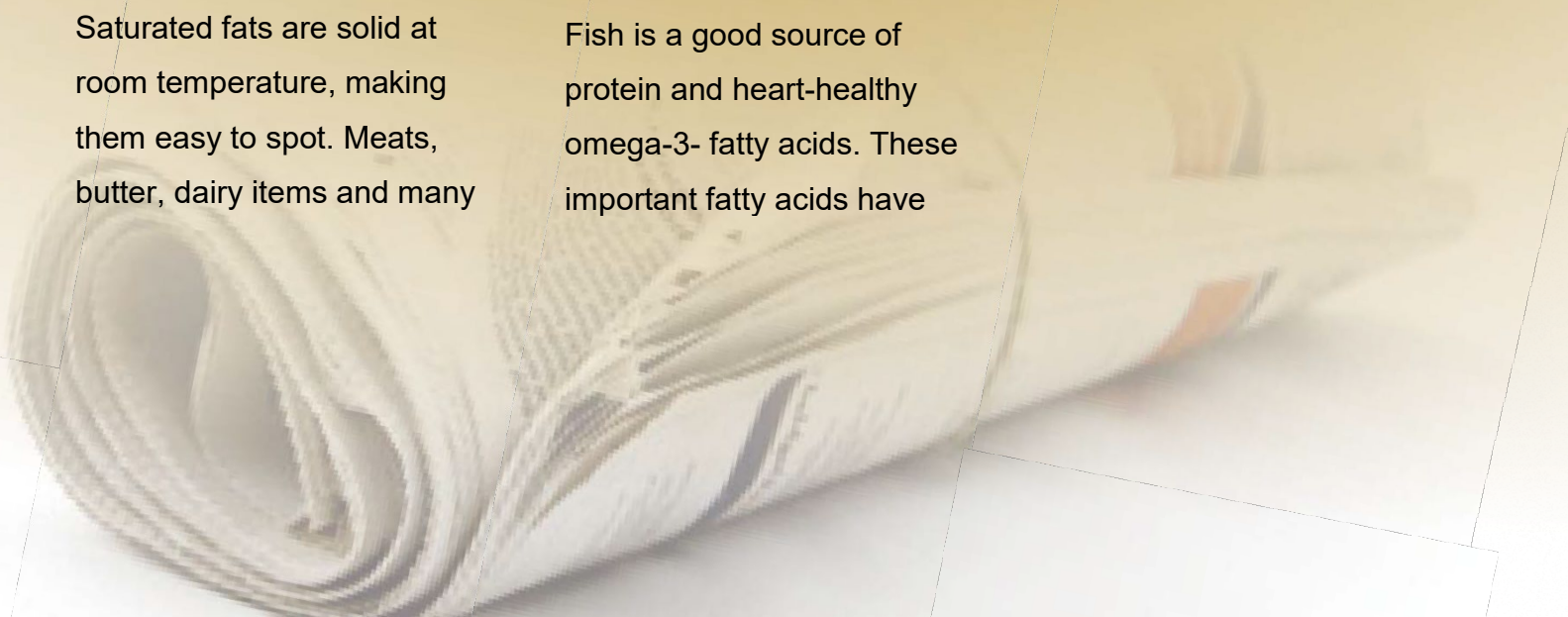


## GO FISH

Fish is a good source of protein and heart-healthy omega-3- fatty acids. These important fatty acids have

been shown to decrease the risk of heart arrhythmias, decrease blood triglyceride levels, slow the growth rate of plaque in the coronary vessels, and reduce inflammation that may increase your risk for heart attack and stroke. All in all, omega-3-fatty acids are good for the heart!

The American Heart Association recommends that adults aim for consuming 2 servings of fish weekly. Fatty fishes like salmon, herring, mackerel, lake trout, sardines and albacore tuna are the best sources of omega-3 fatty acids.



# WELLNESS CHALLENGE HEARTFORD, CONNECTICUT

## Improve your heart health in one of two ways:

This month, explore ways to improve your heart health by introducing or increasing the amounts of health fats in your diet. You can also perform random acts of kindness for others. Doing something nice for someone makes them feel good AND it makes you feel good. Performing a random act of kindness warms the heart and elevates the spirit.

### **Try one of the ideas listed below or create your own:**

- Compliment a co-worker.
- Pay the toll for the driver behind you.
- Send flowers to a friend.
- Write a thank you note to someone special.
- Give a hug to a friend.
- Open the door for another person.
- Bake treats for your neighbors.
- Give flowers to be delivered with meal delivery programs.
- Let the person behind you in line go before you.
- Share your smile generously.
- Pick up trash on the street or in a park.
- Offer a few hours of babysitting to busy parents.
- When drivers try to merge into your lane, slow down, wave them in and smile.
- Buy a homeless person lunch.
- Leave a dollar bill on the ground for someone else to find.
- Read a book to a child.
- Visit an animal shelter and bring treats for the animals and staff.
- Shovel snow, mow the lawn or rake leaves for a neighbor.

*This month HealthTrip travelers are challenged to either eat health fats or perform a random act of kindness each day.*

Don't forget to download your tracking sheet here:

<https://apps.weber.edu/wsuiimages/employeehealth/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Heartford%20Travel%20Log.pdf>

### UPCOMING EVENTS:

Wellness Workshop: Wednesday, March 11

Training Tracker # 810-04

Cooking Demo: Wednesday, March 18

Training Tracker # 810-13