

GET UP AND

GO

GO

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5 Tips for Heart Health— love yourself!

Heart disease is the leading cause of death in the U.S. and the leading cause of death for smokers as well. Cigarette smoking is directly linked to 30 percent of all heart disease deaths in the United States each year. Bottom line: Smoking is hard on the heart.

1.) Quit Smoking

Smoking increases risk of Cardiovascular Disease; Peripheral Vascular disease, and Coronary Heart Disease. *Cigarette smoking is the single most preventable cause of disease and premature death!*

2.) Watch Your Waistline

Proper body weight reduces risk of heart attack, heart failure and a host of other ill effects. Balanced diets are low in saturated fat, high in lean protein, fruits and vegetables, healthy oils and whole, unprocessed grains.

3.) Exercise

1/2 hour a day can make a difference! Even in little doses like 10 or 15 minutes.

4.) Watch Your Cholesterol

Did you know the toxins in tobacco smoke lower a person's high density lipoprotein cholesterol (HDL or "good" cholesterol).

5.) Maintain Normal Blood Pressure

Adapted from about.com "5 Tips That Promote Heart Health"-



Life is full of choices.....

Choose happiness.

Smoking Cessation

Classes Starting Soon in Eastport!

Starts April 1

Wednesdays

5:30 pm @ EHC

Did you know Harvard Pilgrim Insurance will reimburse up to \$150 of an approved Fitness facility? After 4 months you can complete the reimbursement form with your receipt and a check will be sent to you! Deb Shields and Karen Burke have forms which can also be found on-line.

EHC Wellness Team

Libby Bryant

Karen Burke

Kathleen Esposito

Bonnie Glynn

Holly Gartmayer -DeYoung

Deb Kelly

Vicki Lincoln

Nima Moghaddas

Angela Prenier

Deb Pottle

Deb Shields

Mary Stubbs

Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

Nutritious Recipe Column

Easy Chickpea Mash! Delicious!

1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed
1/2 cup celery, sliced
1/2 cup carrots, diced
1/4 - 1/3 cup scallions, sliced
1/4 cup or so **hummus** or **tahini** (mayo works too)*
1 - 2 tablespoons mustard (stoneground or dijon)
sea salt & cracked pepper, to taste
dash of garlic powder
juice of 1 lemon, optional
small handful pepitos (pumpkin seeds), optional
paprika/smoked paprika, garnish

Drain and rinse your chickpeas, place in medium size bowl and roughly mash with a fork, potato masher or pastry blender. Add the remaining ingredients and combine. Add more hummus if you like it creamier and taste for seasoning. * experiment with various additions – diced peppers, chopped olives, red onion, etc.!

Serve however you like...make a sandwich, serve on a bed of leafy greens or scoop up with crackers or sliced vegetables like cucumbers, bell peppers, celery sticks, etc.

Store leftovers in an air-tight container in the fridge for up to a week.

Notes:

If you find your hummus is a bit thick, thin it out with a tablespoon or two of water. This will make for a perfect consistency to

Stretches by the Month

Easy stretches you can do at work

Chest stretch

- ⇒ Place your hands behind your head
- ⇒ Squeeze shoulder blades together, bringing your elbows back as far as possible
- ⇒ Hold the stretch for 15-30 seconds
- ⇒ Relax and slowly return to the starting position
- ⇒ Repeat

Opens up the front chest and shoulders.

Shoulder Stretch

- ◇ Place one hand under your elbow
- ◇ Lift your elbow and stretch it across your chest; Look forward, don't rotate your body
- ◇ Hold for 15-30 seconds. You will feel tension in the back of your shoulder
- ◇ Relax and slowly return to starting. Repeat the stretch with the other arm.

Upcoming events:

April 1 FREE Smoking Cessation Classes @EHC

April 2 Healthy Solutions for Spring Wellness @EHC

April 13-18 NYU Walk-In Dental Outreach Clinic Pellon Center Machias

May 17 Color Me Walk Bangor

