

“The heart has reasons that reason does not understand.”

- Jacques Benigne
Bossuel

B. AWARE

Do you know the signs of a heart attack? Do you know how to perform CPR? When seconds count, understanding the warning signs and knowing what to do can be the difference between life and death. Go to www.americanheart.org or www.redcross.org for more information.



B. HEART SMART

Question: What organ is about the size of your fist, pumps approximately 2000 gallons of blood a day and beats close to 100,000 times a day?

Answer: I hope you answered, “my heart”.

B. HEART HEALTHY

We hear the terms all the time but do we really know what they mean?

LDL - low density lipoproteins, also known as the bad cholesterol. Higher numbers can represent a risk for heart disease.

HDL - high density lipoproteins, or good cholesterol, is thought to lower the risk of heart disease.

Triglycerides - are fatty acids in your blood stream.

Check with your doctor to find out what your levels are and why the numbers are important.



B. THOUGHTFUL

Valentines Day is a day to spoil our special loved one(s). Candy and chocolates really are not all that healthy for us and, of course, flowers can be costly and do not last much longer than a week. The following are alternative ways to show your love: professional therapeutic massages, heart rate monitors, personal training sessions, yoga classes, dance lessons, or use the recipe in this issue to make a romantic dinner.

Mark My Words

Question:

What is stress? How do I know if I am stressed and what do I do about it?

Answer:

According to Wikipedia, Stress is a term in psychology and biology. It refers to the consequence of the failure of an organism – human or animal – to respond appropriately to emotional or physical threats, whether actual or imagined.

Signs of stress may be emotional, physical or behavioral. Signs include poor judgment, a general negative outlook, excessive worrying, moodiness, irritability, agitation, inability to relax, feeling lonely, isolated or depressed, aches and pains, diarrhea or constipation, nausea, dizziness, chest pain, rapid heartbeat, eating too much or not enough, sleeping too much or not enough, social withdrawal, procrastination or neglect of responsibilities, increased alcohol, nicotine or drug consumption, and nervous habits such as pacing about or nail-biting.

Healthy ways to manage stress include exercise, proper nutrition, massage, meditation and getting plenty of sleep. If you find yourself feeling stress in the middle of the day try taking a quick walk outside. I find most clients enjoy the few moments outside and feel a bit of the stress leave their body and mind. Caffeine can add to our stress levels so try cutting back. It is important to find healthy ways to handle stress.

B. ACTIVE The word aerobic means with oxygen and the word anaerobic means without oxygen. Keeping your heart rate in the proper zone during cardiovascular training is a great way to burn fat. Remember, to build a fire we need two key ingredients, oxygen and fuel. Training in your target heart rate zone assures you are getting oxygen and calories are your fuel. To find your target heart rate zone check out our February 2009 issue by going to www.benecon.com or www.connectcare3.com, then click on Wellness and access our back issues.

B. NUTRITIOUS **Heart Healthy Chicken & Pasta**
2 boneless, skinless chicken breasts, each 4 ounces



- 1 tablespoon olive oil
- 1/2 cup chopped white onion
- 1 cup sliced mushrooms
- 1 cup white beans, cooked
- 2 tablespoons chopped garlic
- 1/4 cup chopped fresh basil
- 12 ounces uncooked whole wheat pasta
- 1/4 cup Parmesan cheese
- Ground black pepper, to taste

Grill or broil the chicken until browned and just cooked through, about 5 minutes each side. Transfer the chicken to a cutting board and let rest 5 minutes before slicing into strips.

In a large, nonstick frying pan, heat the olive oil over medium heat. Add the onions and mushrooms and saute until tender, about 5 minutes. Stir in the white beans, garlic, basil and grilled chicken strips. Keep warm.

Cook the pasta according to the package directions. Drain the pasta thoroughly. Return the pasta to the pot and add the chicken mixture. Toss to mix evenly.

Divide the pasta among the plates. Sprinkle each serving with 1 tablespoon Parmesan cheese and black pepper.



B. GREEN Now is a great time to start planning a garden. Think of what vegetables you may want to grow, check into the conditions they require and then locate a great place for your garden. If you do not have the room in your yard check with your local township, sometimes they have plots for rent.



If you have a question you would like answered please contact me at mkrug@benecon.com.