

SPECIAL POINTS OF INTEREST

- ♦ HEART HEALTH MONTH
- ♦ FREE NUTRITION WORKSHOP

INSIDE THIS ISSUE:

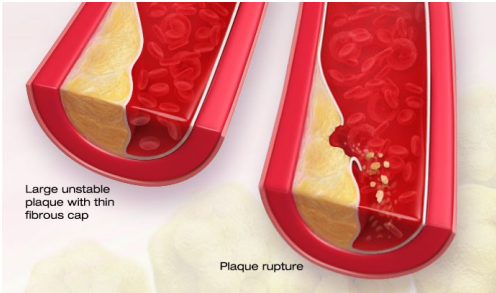
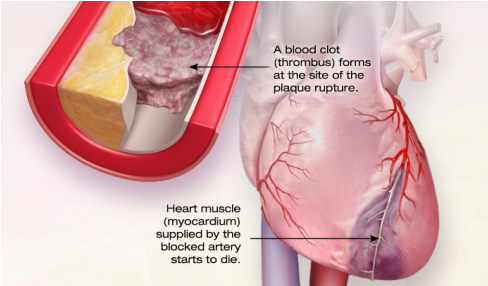
- BeHIP update 4
- Weight Watchers 5
- Nutrition Workshop 6
- Recipes 7

February is Heart Health Month

So What Condition Is Your Heart In?

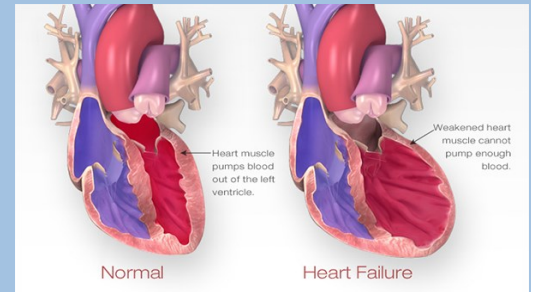
Our heart is a workhorse, one that continually works to pump blood through our bodies regardless of what state the body is in, whether at rest, at work, during physical activity or just having fun. So for an organ that never stops, it's important to realize what condition yours is in.

Heart disease is the number one killer in the United States. It is the buildup of plaque along the artery walls (atherosclerosis) which causes narrowing of the arteries, decrease in blood flow and increased risk of heart attack or stroke. Listed below are conditions that can lead to heart disease.

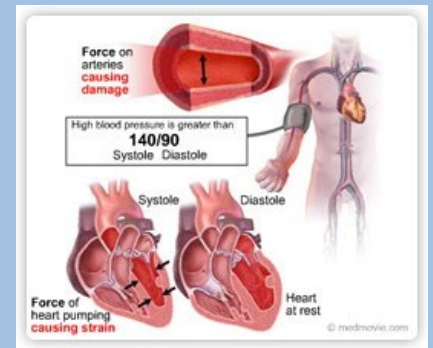
1. Cholesterol is a waxy substance that is made by your liver and ingested with foods such as animal products—meat, poultry and full fat dairy products. The liver produces more cholesterol when you eat a diet high in fat and trans fat. Cholesterol is important because the higher the cholesterol in your blood stream, the higher the risk for heart attack and stroke.
 
2. Heart Attack or Myocardial Infarction (MI) occurs when blood flow that brings oxygen to the heart is reduced or cut off completely. This can occur due to a build up of plaque from fat, cholesterol and other substances.
 

What Condition is Your Heart In? (continued)

3. Heart Failure is caused when the heart cannot pump enough oxygen rich blood to the body. This is a chronic and progressive condition. Causes for heart failure are coronary artery disease, past heart attack, hypertension, lung disease, diabetes and sleep apnea.



4. High Blood Pressure or Hypertension is also called “the silent killer” as it often has no signs or symptoms. When blood pressure is high over time, the force of the blood flow causes arteries to stretch beyond a healthy limit and damage occurs. Other conditions that can arise from high blood pressure are stroke, kidney damage, vision loss, erectile dysfunction, memory loss, fluid in lungs, angina (chest pain) and peripheral artery disease.



5. Diabetes can affect many organs in your body and have serious complications such as cardiovascular disease, stroke and renal (kidney) disease, unhealthy cholesterol levels and metabolic syndrome. According to Dr. Prakash Deedwania “people living with diabetes have 2-4x the risk of developing cardiovascular diseases like coronary artery disease, heart failure and stroke. And are more likely to die from cardiovascular disease than any other illness.” Diabetes damages the inner lining of the blood vessels.



What Condition is Your Heart In? (continued)

6. Metabolic Syndrome is a cluster of metabolic risk factors. To be classified as having metabolic syndrome you must meet 3 or 4 of the following:

- ◆ abdominal obesity (Waist circumference of 40" for men and 35" for women)
- ◆ Triglyceride level of 150mg/dl or above
- ◆ HDL (good) cholesterol of less than 40mg/dl for men and less than 50mg/dl for women
- ◆ Systolic BP of 130mmHg or above or diastolic BP of 85mmHg or greater
- ◆ Fasting blood sugar (glucose) of 100mg/DL or above

Metabolic syndrome can significantly increase your risk of atherosclerosis, peripheral vascular disease, coronary artery disease, heart attack, stroke and Type 2 Diabetes.

**Information used in this article obtained from the American Heart Association*

What Can I do to Improve My Heart's Condition?

Making lifestyle changes can greatly impact your heart health and reduce your chances of risk for the heart conditions we just listed. Here are some things you can do:

- ◆ Know your numbers-Cholesterol, triglycerides, waist circumference, blood glucose, blood pressure and BMI (All of these but waist circumference you can obtain from your health screening.)
- ◆ Eat heart healthy foods-including lean meats, fish, beans, colorful vegetables and fruit, whole grains and reducing excess sugar and salt
- ◆ Get Moving-30 minutes of moderate intensity activity is the recommended amount per day (the equivalent of a brisk walk, bicycle ride or swim)
- ◆ Avoid Tobacco smoke
- ◆ Aim for a healthy weight
- ◆ Limit Alcohol
- ◆ If you do have a medical condition, taking your medications as prescribed can greatly reduce your risk factors.



BeHIP Updates

Last Make Up Dates for Biometric Screening

February 14th-East Lycoming YMCA 8:30-10:00

February 28th-Divine Providence Hospital
Work Center 8:30-10:00

Appointments are required for these make up screenings. These screenings are worth 100 points in the BeHIP program and take about 10 minutes. You will receive your results that day. Contact Carmen Terry at cterry@iu17.org or by phone at 570-323-8561 x1067 to schedule your appointment.

If you are looking to gain some extra points for your bank consider doing one of the online modules at BCNEPA.com. Action Plans are 9 week online programs that you can complete weekly. They include:

1. Depression
2. Diabetes Management
3. Diabetes Prevention
4. Financial Wellness
5. Healthy Eating
6. Heart Disease Management
7. Heart Disease Prevention
8. Physical Activity
9. Quitting smoking
10. Risky Drinking
11. Stress Management
12. Weight Management

Primary Care Physician or Not?

Did you find a primary care physician? You can fill out your primary care declaration form for points. Your primary care physician is the first place to go for medical care. They can refer you to another physician if you need more advanced care for a medical condition, they can provide follow-up care for conditions and keep accurate notes in your medical record. Are you still looking for one and don't know where to go? Click on www.bcnepa.com, click on Find a Doctor/Hospital and go from there. You can pick different areas, specialties and make sure they are in network with your insurance.

A photograph of two women from the waist down, hula hooping. The woman on the left is wearing a white top and a light-colored, pleated skirt, with a blue and green striped hula hoop around her waist. The woman on the right is wearing a grey skirt and black knee-high boots, with a red and black striped hula hoop around her waist. They are standing on a dark carpet against a light blue wall with faint circular patterns.

Loop each other in and lose
Together, it's a lot more fun

Losing weight shouldn't be a contest with your co-workers—it should be a celebration. Follow our proven weight-loss approach with **Meetings*** full of powerful group support that works for both men and women, inspirational guidance, and Essentials, our suite of digital tools. **Join anytime** and we'll keep you motivated, with support all around.

weightwatchers
Help with the hard part.

Find out how it works anytime, Weight Watchers® is here.

DATE: WEDNESDAYS (NEW SESSION BEGINS FEB 18TH)

TIME: 4:15-4:45PM, WEIGH-INS START AT 3:45PM

LOCATION: BLAST IU 17, 2400 REACH RD, WILLIAMSPORT, PA

CONTACT: CARMEN TERRY, CTERRY@IU17.ORG OR 570-323-8561 X1067

*Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or At Work meetings in all areas. Minimum enrollment and participation required to start and maintain an At Work meeting.

Are You Frustrated With Your Weight?

Would You Like Help?

**Start Feeling Better About Managing Your Weight and Making
Better Food Choices Now!**



For the first time, we are offering an interactive workshop with Registered Dietician **Carnie Datres**. This workshop will be for people who need help with weight management, obesity or diabetes. Best of all the workshop is **FREE** for you! We want to help you improve your health. Class Size is limited, so call or email soon to insure your space.

Registration is mandatory by emailing **Carmen Terry** at **cterry@iu17.org** or **570-323-8561**. Class dates and times are listed below:

April 1st, 6:30-7:30pm Food & Nutrition to Manage Excess weight/Obesity/
Diabetes

April 8th, 6:30-7:30 Grocery Shopping Tour (split into 2 tours if we need to)

April 15th, 6:30-7:30 Cooking Basics & Food Demonstration

April 1st and 15th will be held at BLaST IU 17, 2400 Reach Rd, Williamsport

April 8th Class will take place at Wegman's in Williamsport.

**This is a series of 3 classes so please make sure you can attend
all sessions in order to register.**

Recipes from Carnie Datres, RD

5 Ingredient Granola Bars

Serves: 12

Serving Size: 1 bar

Calories per serving: 250

Ingredients:

12 Medjool dates, pitted

1¼ cups rolled oats

1 cup steel cut oats

2 Tbsp. dried fruit (cherries, cranberries, blueberries, chopped, apricots, raisins)

¾ cup natural peanut butter

Instructions:

1. Finely chop dates, or use a food processor until a paste is formed
2. In a large bowl, combine dates with remaining ingredients and use hands until oats are moist.
3. Pour into 11x7 inch pan lined with cling wrap
4. Fold over cling wrap and press mixture firmly into pan with hands until a solid bar is formed.
5. Cut into 12 bars, wrap individually in cling wrap.
6. Refrigerate to store. They freeze well too!

These bars combine carbohydrates, protein, fat and fiber for a balanced snack that will keep you satisfied between meals.

Substitutes:

- unsweetened coconut flakes for dried fruit
- almond butter, cashew butter or Sun Butter for peanut butter.

Tex---Mex Bowl

Serves: 1

Ingredients

½ cup brown rice, cooked

½ cup black beans

2 Tbsp. salsa

1 Tbsp. cheddar cheese

Toppings:

½ cup shredded lettuce

2 Tbsp. avocado

1 Tbsp. scallions

1 Tbsp. plain Greek yogurt

Instructions

1. Combine rice, black beans, salsa and cheese in a microwave---safe bowl.
2. Cover and heat for 1 ½ to 2 minutes
3. Add toppings.

Getting sick of “New Year, New You” salads? It is okay to eat a hot lunch in the winter. A tex-mex bowl takes the same amount of time, but is likely to satisfy you longer than a garden salad. I use frozen brown rice steamer bags, canned beans and my favorite hot salsa in this recipe. It is simple, tasty and it holds me until my afternoon snack. You can add shredded chicken or shrimp, but it doesn't really need it. Throw heated ingredients and toppings in separate containers for easy assembly at work!