



February 2019

Heart Healthy Habits

Your heart does a lot for you! Return the favor and help it function as efficiently as possible.

- **Eat more heart-friendly foods:** Berries, nuts, fish, avocados, olive oil and even dark chocolate can have anti-inflammatory effects on the body and decrease your risk of heart disease.
- **Tune into fitness during TV time:** Reject your inner couch potato. Walk, jog in place or use the treadmill at the gym while you watch your favorite 30-minute show.
- **Practice good dental hygiene:** Dental health is a good indication of overall health, including your heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease. So be sure to brush and floss daily!

Show Yourself Some Love!

Quick Tips for Self-Care

Self-care doesn't have to be complicated and time-consuming. Add these quick tips to your daily routine to help nurture your body and your mind.

- **Drink a glass of water in the morning:** We often wake up dehydrated after a night's sleep, which can lead to not feeling so great. Drink a full glass of water as soon as you wake to rehydrate and start your day on a healthy foot.
- **Get 7-9 hours of sleep:** Sleep is necessary for the healing and repair of all the systems in our bodies. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke. So make sure to catch those Z's!
- **Move for at least 30 minutes a day:** Getting at least 30 minutes of some kind of physical activity - whether it's a solid gym session or a lunchtime stroll - is just as good for your mental health as it is your physical health.
- **Take time for yourself:** It's important to take time to breathe. Even if you can't find time to read a book or work on a hobby, it can be as simple as putting your phone away for five minutes to just sit with your own thoughts.

There's an App for That!



Make expressing gratitude in your life both easy and fun! Grateful reminds you, during those down moments, of the many blessings in your life.

Cost: Free w/ in-app purchases
Available on iOS

Grateful

Healthy recipe: Zucchini Noodles with Avocado Pesto & Shrimp



Ingredients

- 5-6 medium zucchini
- ¾ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ cup unsalted pistachios
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined
- 1-2 teaspoons Old Bay seasoning

Source: eatingwell.com

Directions

- Using a spiralizer or vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle. Place the zucchini "noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
- Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining ¾ teaspoon salt in a food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
- Heat 1 Tbsp oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, 3 to 4 minutes. Transfer to a large bowl.
- Add the remaining 1 Tbsp oil to the pan. Add the zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

Community Events

Freezin' for a Reason 5K & Polar Plunge

Saturday, February 16, 2019; Oshkosh, WI

It's a Polar Dash with a Splash! Break a sweat jaunting across Oshkosh before you plunge. Or, participate in the Freezin' for a Reason 5k in lieu of plunging! Cost: \$30 for 5k/ \$100 for 5k and Plunge; **Website:** polarplungewi.org

