



HOPE Health Letter

"Life Is a Journey. Have Some Fun."

Nothing is impossible to a willing heart.

— John Heywood

At the
heart
of the
matter

Pay attention to your physical
and emotional heart
health every
day.

Volume 36 • Number 2 • February 2016

*Learn more about the heart and
soul of healthful living in all areas
of your life.*

OuterAisleFresh:

Start with the right staples to help your heart stay healthy. Stock your cabinets, pantry, and fridge with key foods to satisfy your cravings and keep your heart healthy. Pg. 2

GetMoving:

Take 30 minutes for your heart. Following the long-standing recommendation to get 30 minutes of daily activity could reduce your risk of cardiovascular issues by as much as 30% to 40%. Pg. 3

TheWholeYou: Physical Health

The right rest may be best for your heart. The sweet spot for sleep is right around seven hours. Pg. 4

TheWholeYou: Emotional/Mental Health

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Feed kids' emotions with healthful parenting to help avoid eating issues. Help youngsters to grow up with a healthy attitude toward themselves and food with supportive parenting. Pg. 7

StockYourToolBox:

Don't miss our favorite PDF, "The inside scoop on making the perfect SNOWMAN," and the short video, "Getting a better night's sleep," this month... Plus, more resources like these at Feb.HopeHealth.com. Pg. 8

“If you really want to make a friend, go to someone’s house and eat with him. The people who give you their food give you their heart.”

— Cesar Chavez

Become a sodium sleuth to reduce risks of heart disease and stroke

If most people reduced the sodium in their diet by 1,200 mg per day, up to 99,000 heart attacks and 66,000 strokes could be prevented in the United States each year. To learn how to trim your sodium intake, go to Feb.HopeHealth.com/sodium.

Source: Centers for Disease Control and Prevention

Try not to supersize during the Super Bowl

The big game tends to be a big occasion for overeating. If you added up the per-serving calories for all food that a household bought during the week leading up to last year’s Super Bowl (*presumably getting ready for the big game*), the calorie count would be more than that for the week of Thanksgiving. For ideas on serving healthy Super Bowl munchies, go to Feb.HopeHealth.com/superbowl.

Source: “New Year’s Res-Illusions: Food Shopping in the New Year Competes with Healthy Intentions,” by Lizzy Pope et al., PLOS ONE, Dec. 2014, Vol. 9, Issue 12

OuterAisleFresh: At the Heart of the Matter

Start with the right staples to help your heart stay healthy

Making sure to stock your cabinets, pantry, and fridge with key foods can satisfy your cravings and keep your heart healthy. Some items to have on hand:

- Canned goods, such as low-salt beans, tuna, salmon, tomatoes, and marinara sauce.
- Whole-grain pastas in various shapes, brown rice, and other easy-to-make whole grains, such as bulgur wheat, couscous, quinoa, and old-fashioned rolled oats.
- Healthy cooking oils, such as olive oil, canola oil, and peanut oil, in limited amounts because they can go rancid over time.
- For baking, whole-wheat flour or spelt flour instead of white flour; cornmeal is also a great option for muffins and pancakes.
- Nuts and seeds. Buy them in small quantities to prevent them from becoming rancid. You can also freeze them to keep them fresh longer than if you stored them in the pantry.
- Balsamic vinegar and low-sodium soy sauce for salad dressings and sauces.
- Dried herbs and spices, such as rosemary, oregano, thyme, and curry powder.
- Low-fat cheeses. • Frozen fish, such as salmon, trout, and herring.
- Frozen vegetables and fruits packed without sauces, sugar, or added salt.
- Frozen, skinless poultry.

Source: American Heart Association



Creamy Spinach Feta Dip

Cook spinach according to package directions and drain in a colander; press with a fork to squeeze out water completely. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.

Serves 6. Per serving (including pita slices): 153 calories, 1 g fat (0 g saturated fat), 0 mg cholesterol, 600 mg sodium, 29 g carbohydrates, 16 g protein

- 10.5 oz. frozen, chopped packaged spinach
- 1 cup fat-free, plain Greek yogurt
- ½ cup fat-free feta cheese, crumbled
- 1 tsp. garlic, minced
- 2 tsp. dried parsley or dill
- ½ tsp. black pepper
- 6 whole-wheat pitas, quartered



“Our bodies have evolved to move, yet we now use the energy in oil instead of muscles to do our work.”

— David Suzuki

Track your ticker to make sure it stays on target during exercise

Knowing what your target heart rate should be and paying attention to whether you're in the right range while working out can help you to get the most from your physical activity without overdoing it. Your target heart-rate range (about 50% to 85% of your maximum heart rate) is based on your age. This range is where your heart gets the most benefit from exercise. To learn more about target heart rates, go to Feb.HopeHealth.com/heartate.

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Guilt may not motivate kids to move more

Students who feel they aren't in control of their exercise choices or who feel that adults are pressuring them to be more active typically aren't, according to a study in the journal, *Medicine & Science in Sports & Exercise*. To help kids find activities that fit their personalities, go to Feb.HopeHealth.com/fitkids.

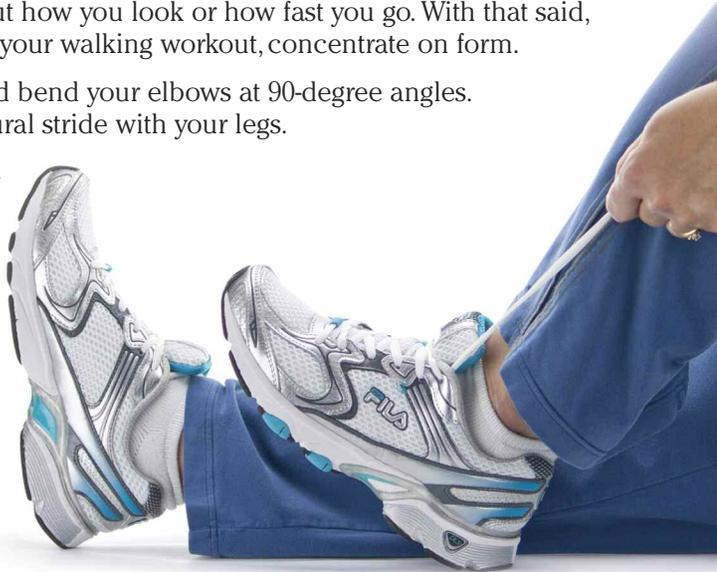
GetMoving:

Walk like a pro, even if you're just getting started

Walking is a great way for most anyone to be active.

Do it without much worry about how you look or how fast you go. With that said, though, if you want to improve your walking workout, concentrate on form.

- Keep your arms relaxed and bend your elbows at 90-degree angles. Let your arms swing into a natural stride with your legs.
- Press your shoulders down and stand straight.
- Keep your head neutral and your gaze straight ahead.
- Pull in your abdominal muscles as you walk. Use them to hold your spine straight and in place.
- Land on your heels, roll forward to the balls of your feet, and then push off with your big toes.
- As you quicken your pace, take more steps per minute instead of lengthening your strides, which can strain muscles.



For a cold-weather fitness guide, go to Feb.HopeHealth.com/coldweather.

Source: American Heart Association

Take 30 minutes for your heart

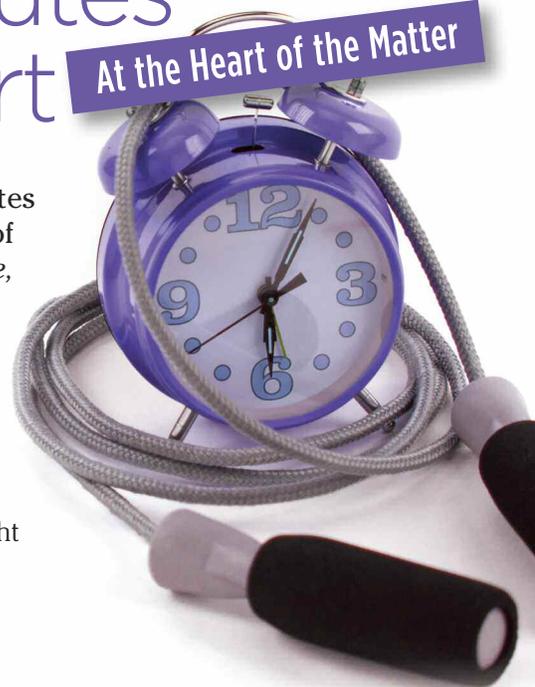
At the Heart of the Matter

Did you realize that following the long-standing recommendation to get 30 minutes of daily activity could reduce your risks of cardiovascular issues (*heart attack, stroke, etc.*) by as much as 30% to 40%?

In addition to keeping your heart healthy, you'll likely burn between 600 and 1,200 calories over the course of a week.

Need some ideas for what to do? Think anything that would be comparable to walking briskly at about 3 to 4 miles per hour. This might include yard work, household tasks, cycling, or swimming.

Source: *Circulation*. 2003; 107: e2-e5



The Whole You: PHYSICAL HEALTH

Water may wash away risk for kidney stones

Drinking plenty of water is a good thing for your health. Add one more plus to the water-benefits list. Staying well hydrated may lower your risk of kidney stones.

According to an analysis of nine studies, drinking enough water each day may cut your risk for developing kidney stones in half.

The review found that people who produced 2 to 2.5 liters of urine daily (*about ½ gallon*) were 50% less likely to form kidney stones than those who produced less urine. That amount is associated with drinking about eight to 10 8-ounce glasses of water daily.

The researchers explained that frequent urination means stone-causing minerals have less opportunity to settle and bond in the kidneys and urinary tract.

For more on kidney stones, go to Feb.HopeHealth.com/kidneystones.

Source: National Kidney Foundation



The right rest may be best for your heart

At the Heart of the Matter

You eat smart and exercise often, so no need to worry about your heart, right? Maybe not, if you're not getting the right amount of sleep and quality rest.

A recent study of more than 47,000 young and middle-aged adults suggests that otherwise healthy people with poor sleep habits may be more likely to suffer from stiffened arteries and calcium deposit on the walls of major arteries – both early signs of heart disease. These symptoms appeared in individuals who got too much or too little sleep, as well as those who didn't get quality rest.

The sweet spot for sleep was right about seven hours.

Note: The study uncovered a link between poor sleep and possible heart issues, but did not prove a cause-and-effect connection.

Source: American Heart Association *Journal Arteriosclerosis, Thrombosis and Vascular Biology*, Sept. 10, 2015



Man has made many machines, complex and cunning, but which of them indeed rivals the workings of his heart?

— Pablo Casals

One more reason to get a good night's sleep

Missing or skipping a single night of sleep may cause you to take in more fat the next day, according to one study. Researchers concluded that people who experience stretches of forced wakefulness may make unhealthy food choices because of a shift in brain activity. For more on sleep and eating, go to Feb.HopeHealth.com/sleep.

Source: Healthfinder.gov

'On the go' lunches may not be the way to go for weight control

Although a convenient way to fit lunch into a hectic schedule, eating "on the go" may lead to weight gain and obesity in people who diet, suggested research in the *Journal of Health Psychology*.

Observed dieters who ate a cereal bar while walking around went on to eat more snacks later.



Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

— Swami Sivananda

Can't carry a tune? Sing more often.

Many people want to sing better, but believe it's a lost cause. That may not be the case. One study found that singing on key is a learned skill that can decline over time if not used and that singing requires the same type of practice as learning an instrument. For information on how music can help your health, go to Feb.HopeHealth.com/music.

Source: Northwestern University news release, Feb. 9, 2015

See page 8 —

StockYourToolBox:

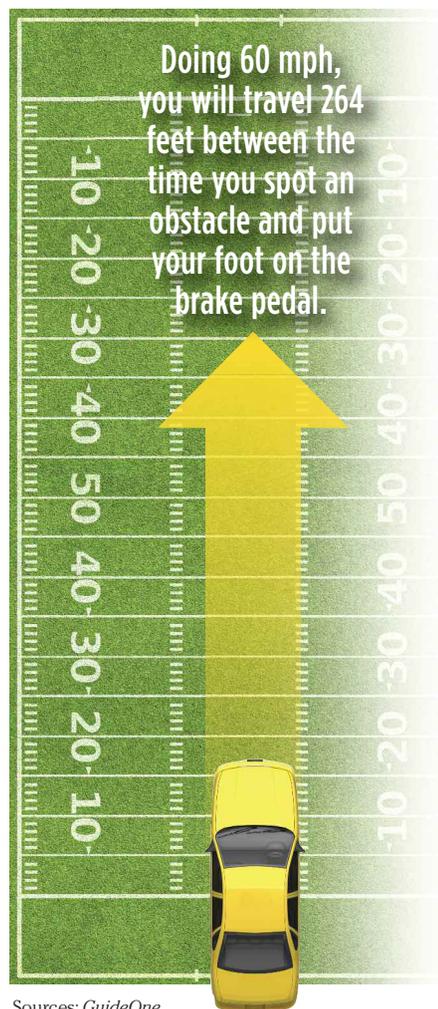


See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Don't let worry have its way with you

Occasional anxiety is normal. You may feel anxious about an issue at work or making an important personal decision. But, if you worry too much for too long, and it takes physical and mental tolls on you, then you may have a problem. To take an assessment about anxiety in your own life, go to Feb.HopeHealth.com/anxiety.

The Whole You: Emotional/Mental Health



Sources: GuideOne Insurance; Essilor; Roadrunner Traffic School

Groom yourself in front of the mirror at home... not behind the windshield in your car

You're running late for work, so you grab the makeup bag or electric razor and figure you'll finish getting ready for work on your commute. You may want to think twice about that decision.

Grooming while driving is a form of distracted driving. One study showed that drivers are three times more likely to crash while applying makeup.

Alert drivers need 1.5 seconds to react to something that happens on the roads. Grooming can double the reaction time that drivers need to apply the brakes. Drivers doing 60 mph will travel 264 feet between the time they spot an obstacle and put their foot on the brake pedal — that's almost two-thirds the length of a football field.

At the Heart of the Matter

Having purpose may help to keep your ticker in tip-top shape

Living with a strong sense of meaning and direction in your life may lower your risk for early death, heart attack, or stroke, according to a review of 10 published studies.

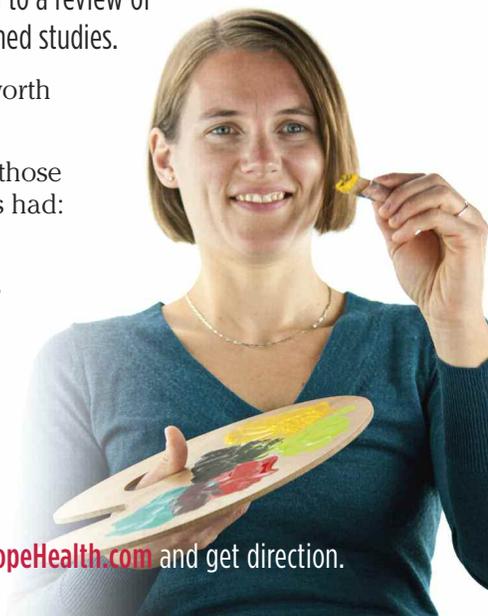
Purpose in life may boost your feeling that life is worth living, one researcher explained.

Compared to people with a low sense of purpose, those possessing a strong sense of purpose in the studies had:

- A 23% reduced risk of death from any cause.
- A 19% reduced risk for cardiovascular issues, such as heart attack, stroke, or a need for a coronary artery stent placement or bypass surgery.

Take time for self-reflection and define personal goals that may give you a sense of satisfaction and energy.

Source: HealthFinder.gov



“A wise man should have money in his head, but not in his heart.”

— Jonathan Swift

Should you change your payroll deductions?

If you've had a major life change or anticipate one, you may want to check into changing your withholdings, filing status, or retirement savings with your employer's payroll department. Go to Feb.HopeHealth.com/paycheck to access a payroll deduction calculator to see how your check could change with adjustments. Before you make any changes, though, you may want to consult with a trusted financial advisor to be sure the changes are in your short- and long-term best interests.

Learn how much you're worth... from a financial perspective

Your net worth is the value of everything you own (*assets*) minus what you owe (*liabilities*). If you own more than you owe, you have a positive net worth. If you owe more than you own, you have a negative net worth. To figure out your net worth and how it can grow in the next 10 years, go to Feb.HopeHealth.com/networth.



FiscalFitness:

Know what you owe in taxes to avoid giving Uncle Sam an interest-free loan

Tax season is here. For many people, that means a refund from the federal government, state government, and/or local government will soon be on its way.

Many taxpayers appreciate the “extra” money they receive once a year. But, if you look at it another way, the money was yours all along, and you've simply loaned that money to the government. The refund is just the government paying back that money... without interest. If you'd rather just be at or around even when settling up your tax obligation with the government at tax time (*you neither get a refund nor have to pay in to the government to make up taxes you owe*), try using a tax calculator and adjust your withholdings accordingly. To access an online tax calculator, go to Feb.HopeHealth.com/taxes.

Source: National Endowment for Financial Education (SmartAboutMoney.org)



Your heart likely doesn't like financial stress

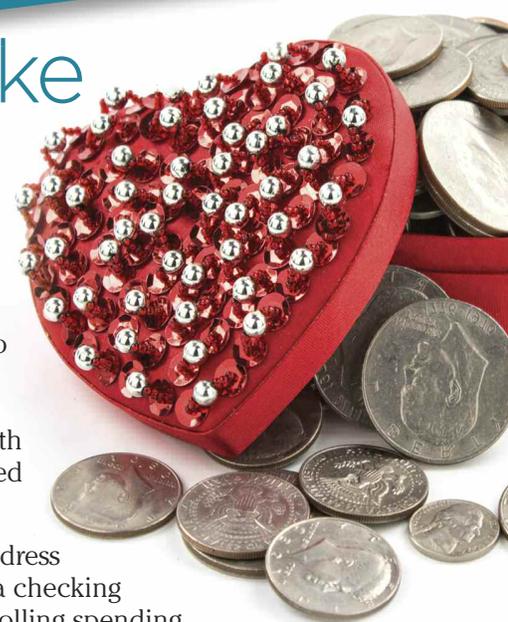
At the Heart of the Matter

Need another reason to be as fiscally fit as possible?

Keeping your money matters in line may help to keep your heart healthy. In one study of middle-aged and older women, researchers found that a history of financial struggle was associated with a two-fold higher risk for a heart attack compared to those without money issues.

For a guide to help understand finances and address financial goal setting, getting out of debt, using a checking account and credit cards, monitoring and controlling spending, and boosting savings and investments, go to Feb.HopeHealth.com/finances.

Sources: American Heart Association; American Stroke Association; National Endowment for Financial Education



Write it on your heart
that every day is the
best day of the year.

— Ralph Waldo Emerson

Nosebleeds got you nervous? Usually no need to worry.

An occasional nosebleed is quite common during the dry, winter months. If you get a nosebleed, don't panic. Apply firm pressure to the nostrils for five to 10 minutes. Lean forward to avoid swallowing the blood and breathe through your mouth. For more on nosebleeds, go to Feb.HopeHealth.com/nose.



What's Trending Now:

Feed kids' emotions with healthful parenting to help avoid eating issues



You can help your youngsters to grow up with a healthy attitude toward themselves and food with healthful parenting.

Source: "How To Nurture Healthy Eating Habits In Your Children," by Gregory L. Jantz, PhD (EatingDisorderHope.com)

- **Keep your promises** so your children aren't dealing with unnecessary disappointments.
- **Be affectionate.** Give hugs, tell kids that you love them, and pay attention to them. Children want to feel that they matter. If they don't, they may turn to food.
- **Be safe.** Protect your kids from physical and emotional harm, and help them to protect themselves as they grow. Really know the people in your children's lives so you can make sure these individuals are safe.
- **Set boundaries.** Let your children know how important boundaries are. Draw lines in relationships with everything and stick to them.
- **Have structure.** Children need structure and appropriate traditions, a certain sense of sameness day after day.

See page 8 — Stock Your Toolbox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

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Kitchen germs may lurk on cloth towels



Many people touch hand towels before washing their hands or use the towels after not washing their hands enough, which could lead to foodborne illness, according to one study.

- **More than 90%** of the fruit salads that the participants prepared were contaminated with the study's tracer bacteria. If the tracer had been a harmful germ such as salmonella, there would have been a high risk of foodborne illness.
- **Four out of five subjects** also left raw meat contamination on the sink faucet, refrigerator, oven, and trash container.

The researchers recommend washing cloth towels after using them while preparing a meal, or using paper towels and throwing them away after each use.

For more on food safety, go to Feb.HopeHealth.com/foodsafety.

Source: *Kansas State University, news release, March 23, 2015*



StockYourToolBox: Your Source for Cool Tools & Resources

Check out Feb.HopeHealth.com for a ton of useful wellbeing information. In addition to the links included throughout the newsletter, here's what else you can find online:

The inside scoop on making the perfect SNOWMAN

SUPPLIES

- Snow
- Warm clothes for yourself
- 2 sticks for arms
- 1 carrot or pine cone for a nose
- 2 pieces of coal, buttons, or dark, sandwich cookies for eyes
- Optional items: 1 scarf, hat, and a pair of mittens

Temperature: Ideally, the outside temperature should be between 26 and 34 degrees F. At this temperature, snowballs will stick and last!

1st Snowball:

- Roll it around until it forms into a very large ball (about twice the size of a large beach ball).
- Make sure it ends up where you want your snowman to reside. It can be hard to move the base ball once it's large enough.
- Flatten the top so that the 2nd snowball can rest on top.

2nd Snowball:

- The midsection ball should be about the size of a large beach ball.
- Flatten the top so that the 3rd snowball can rest on top.

3rd Snowball:

- The head should be slightly larger than your own.

Finishing Touches

- Pack a little snow where the snowballs




3 Simple Stretches
One Minute Video

Scan this Quick-Response Code with your smartphone.



A downloadable tip sheet on “The inside scoop on making the perfect SNOWMAN” — from how to form the first, base snowball to how to put on the finishing touches.

A one-minute video on how to get the best sleep possible. Set yourself up for slumber success with a healthful pre-bed plan.

A one-minute video showing three toning moves you can do anywhere without any special equipment.

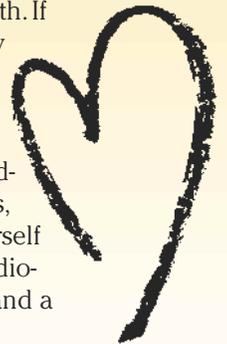
A one-minute video on understanding your credit score and what goes into it so you can make sure your number is the highest it can be.

A crossword puzzle to find out how well you know the topics covered in this issue of the newsletter.

HOPEHealthInfo: Until next issue

When most people think of February, the first thing that comes to their minds is the heart — maybe not their physical hearts, but a heart nonetheless.

With friendly heart-shaped reminders pretty much everywhere this month, take this time to focus on your own heart health. So much of what you do, think, and feel can affect your heart and cardiovascular system, which in turn affects your overall health. If you use February to develop new, healthful habits and/or get rid of some not-so-good-for-you behaviors, you may set yourself up for better cardiovascular health and a better life.



Until next issue, give yourself a special Valentine by focusing more on your own heart health.