



**Better Health Solutions ...start the New Year off with a Healthy Heart!**

**February is American Heart Month!**

The American Heart Association kicks off the celebration on Friday, February 5, 2010 with National Wear Red Day, focusing attention on increasing risk awareness especially for women who often experience the onset of symptoms differently than men. **Cardiovascular disease is the #1 cause of death in one of every three female deaths and almost one woman dies each minute of this very preventable disease.** The AHA is staging a campaign to increase realization that it is “Our Hearts. Our Choice”. Everyone is urged to transform their health starting with small simple choices.

**Our Hearts.**

**Our Choice.**

Read the nutrition facts panel on processed foods that you buy. Processed foods should be eaten in small amounts and less frequently. Your Health Coach can help... call **1-800-367-9938** to begin!

Plan your meals and eat at home; if you do eat out, decide ahead of time to eat smart.

Write down what you eat. People that do this often lose 2x / amount of weight as non-journalers!

If you smoke, QUIT. It's the single best thing you can do and it's never too late!  
Visit [Smokefree.gov](http://Smokefree.gov) or call your Health Coach for help at **1-800-367-9938**.

Make a date with yourself or friends to be moderately active at least 30 minutes every day and be sure to have fun!

Help someone else to be healthy; share your success and develop partners and teams for health.

Don't let your mood control your hunger; ask yourself why you are eating before you do.

Get at least 7 - 9 hours of sleep each night.

Wean yourself from TV, movies, ipods, etc. – get active.  
Call your Health Coach to discuss activity ideas.

**Think lifestyle, not diet.**

**Lower:**

- Salt
- Fat
- Sugar
- Red Meat

**Increase:**

- Fruits & Vegetables
- Fat Free & Low Fat Dairy
- Whole Grains
- Fish & Poultry
- Beans, Seeds & Nuts

**REMEMBER:**

Heart Disease can lead to Stroke, the #3 cause of death in America. Stroke is also a major cause of long term disability, and people 55 and over have an increasing risk.



## Recipe of the Month

Sun-Dried Tomato and Kalamata Olive Chicken, serves 4  
(from the *New American Heart Association Cookbook, 7th edition*)

### Ingredients:

10 sun-dried tomato halves, chopped  
1/4 cup boiling water  
4 boneless, skinless chicken breast halves (about 4 oz. each)  
1/2 teaspoon dried oregano, crumbled  
12 kalamata olives, finely chopped  
1/4 cup finely snipped fresh parsley  
1/2 teaspoon dried oregano, crumbled  
1/8 teaspoon crushed red pepper flakes  
1 ounce fat-free or low-fat feta cheese, crumbled  
1/8 teaspoon salt  
2 teaspoons olive oil (extra-virgin preferred)

### Cooking Instructions:

In a small bowl, stir together the sun-dried tomatoes and water. Let stand for 10 minutes. Drain. Return the tomatoes to the bowl. Meanwhile, discard all the visible fat from the chicken. Put the chicken between two pieces of plastic wrap. Using a tortilla press, the smooth side of a meat mallet, or a rolling pin, flatten the chicken to a thickness of 1/4 inch, being careful not to tear the meat. Sprinkle 1/2 teaspoon oregano over the chicken. Stir the olives, parsley, 1/2 teaspoon oregano, and red pepper flakes into the tomatoes. Gently stir in the feta.

Heat a 10-inch nonstick skillet over medium-high heat. Cook the chicken for 3 minutes. Turn over and cook for 3 minutes, or until no longer pink in the center. Remove from the heat. Sprinkle the salt over the chicken.

To serve, put chicken on each plate. Top each serving with 1/4 cup tomato mixture. Drizzle each serving with 1/2 teaspoon oil.

Nutrition Analysis (per serving):	Dietary Exchanges:
209 Calories	7.0 g Total Fat
66 mg Cholesterol	1.0 g Saturated Fat
444 mg Sodium	0.0 g Trans Fat
6 g Carbohydrates	1.0 g Polyunsaturated Fat
1 g Fiber	4.5 g Monounsaturated Fat
2 g Sugar	1 vegetable, 3 lean meats
29 g Protein	

## Diabetes News for 2010

The A1c test, which measures average blood glucose levels for a period of up to 3 months, was previously used only to evaluate diabetic control over time. An A1c level of approximately 5% indicates the absence of diabetes, and according to the American Diabetes Association revised evidence-based guidelines, an A1c score of 5.7% to 6.4% indicates pre diabetes, and an A1c level of 6.5% or higher indicates the presence of diabetes. "A significant change is that we are now recommending that the A1C test can be used to diagnose diabetes or identify those at high risk for developing diabetes. Patients can prevent complications and suffering, if diabetes is detected and treated effectively early" says Richard M. Bergenstal, MD, President, Medicine and Science, American Diabetes Association. People don't need to be fasting for an A1C, and there are fewer variables that can affect the outcome of the test.

*Call your Better Health Solutions coach  
for more information @ 1-800-367-9938.*

## The Power of Prevention

We know you're busy, but there is one thing that is getting easier. Getting screened for conditions like high blood pressure, high cholesterol, Diabetes, Cancer and Vitamin D is increasingly available in communities (check your local hospital for FREE screenings on evenings and weekends!) Screenings are a great way to assess your health risks and identify problems early while they are more likely to be prevented or treated successfully.

## Be in the Know

Have a cholesterol test, also called Lipid profile, which only takes a few minutes with a small sample of blood.

You will receive four scores:

- Total Cholesterol= should be less than 200
- LDL (or "bad") Cholesterol= less than 100 is ideal
- HDL (or "good") Cholesterol= 60 or higher is ideal
- Triglycerides (a fat in the blood)= less than 150 is normal

*Check your local newspaper listings  
for special offerings in your community  
throughout February; many restaurants  
are celebrating "Heart Month" with  
evening events, speakers and delicious,  
heart healthy meals!*



## 24 Happy New Year Healthy Ideas

1. Don't smoke
2. Exercise every day
3. Eat more fruits & veggies
4. Cut back on junk food
5. Get plenty of rest
6. Avoid secondhand smoke
7. Maintain a healthy weight
8. Avoid fad diets
9. Cut back on alcohol
10. Don't drink and drive
11. Manage stress
12. Take time to relax
13. Eliminate or cut back on caffeine
14. Drive the speed limit
15. Wear your seat belt
16. Spend time with family & friends
17. If you are depressed, get help
18. Don't use drugs
19. Drink 5-8 glasses of water daily
20. Use medications properly
21. Brush, floss and visit the dentist
22. Get regular checkups
23. Protect your skin from the sun
24. Protect your sexual health