

**BELLIN FOR WOMEN**

# **ESSENTIALS** *FOR* HEALTH

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Welcome to Essentials for Health, the monthly newsletter of Bellin For Women. This newsletter is designed to help you in your goal of taking a more active role in your own health. It's a source of information for you, from health and wellness education to health topics in the news to recipes you can try at home. But it's more than that. It's a connection to the Bellin For Women community, bringing BFW's special encouragement and energy to your inbox every month.



# THE SERENE HEART

Americans looking for a calming workout are hitting the mat in ever-increasing numbers, making yoga an incredibly popular form of exercise in the U.S. Once the territory of spiritualists, yoga isn't just a fun way to destress or lose weight; it may actually reduce your risk of having a heart attack or stroke. Though yoga is credited with wide-ranging health benefits, including easing chronic back pain, depression, diabetes, menopause, obesity, and even fatigue in cancer patients, perhaps its most important contribution is its powerful boost to your heart health.

Research suggests that yoga's interconnected combination of stretching and muscle activity used to achieve physical poses, deep controlled breathing, and focusing and clearing the mind through meditation may provide special heart-health benefits and offer distinct advantages to those with cardiovascular disease.

## How can yoga improve your cardiovascular health?

- Yoga gently works your muscles, which is good for your blood vessels and heart.
- Physical activity like yoga helps to control your blood sugar by helping your muscles increase their sensitivity to insulin.
- Slower, deeper breathing temporarily lowers your blood pressure.
- Yoga has been shown to lower other cardiovascular risk factors, including cholesterol, stress hormones, resting heart rates, and the progression of atherosclerosis – hardening of arteries.
- The meditative component of yoga helps to stabilize the endothelium, or blood vessel lining, which contributes to cardiovascular disease when irritated.



There are many different kinds of yoga, from gentle to very active forms. Although research suggests that most people can benefit from any style of yoga, the more peaceful hatha yoga, with its slower, easier movements, is great for beginners.

## Here are a few tips for finding the right yoga class for you:

- Look for a yoga class that offers the complete package: poses, breathing and meditation. The three are interconnected and work together to give you – and your heart – a total workout.
- Look for a class that matches your level of ability and experience. If it is your first time, ask if it is appropriate for beginners and if it will be easy for you to follow along.
  - Decide what your expectations from the class are, and then find out if the class is aimed toward your needs or if it is geared more for people looking for other benefits.
- Ask about the instructor's qualifications, and find out if he or she has experience working with students with your specific needs or health concerns. A good instructor should create a safe, positive environment for all of his or her students by helping them to modify poses to meet individual abilities and limitations.
- No matter which style of yoga you choose, you do not have to do every pose. A good instructor will understand if a pose is too uncomfortable or if you are unable to hold it as long as requested. You should be encouraged to explore rather than exceed your limits.

Though yoga is not a cure for heart disease, it is a valuable tool for helping to manage cardiovascular disease and keeping your heart healthy. Work with your physician to develop a plan that is right for you and your family.

# SUNBUTTER GRANOLA BARS

## Ingredients:

- 1 & 3/4 cup old fashioned oatmeal
- 1/3 cup reduced sugar Craisins®
- 1/2 cup sunbutter or peanut butter
- 2 large eggs
- 1/3 cup honey or maple syrup
- 1 tsp. vanilla extract
- 1/2 tsp. salt
- 1/4 cup butterscotch chips

## Directions:

- Preheat oven to 350°F.
- Lightly coat an 8 x 8 inch baking pan with non-stick cooking spray.

- In a large bowl, whisk together eggs, sunbutter, maple syrup, salt and vanilla extract.
- Add the oatmeal, butterscotch chips, Craisins® and stir to combine.
- Pour mixture into the 8 x 8 baking pan and flatten down gently with a spatula. Spread mixture evenly into the pan.
- Bake at 350°F for ~25-28 minutes.
- Allow bars to cool before slicing.

## Nutritional Information:

- 16 bars: 136 calories, 6 g fat, 16 g carbs, 2 g fiber, 4 g protein
- Whole Recipe: ~2180 calories, 99 g fat, 261 g carbohydrates, 33 g fiber and 62 g protein.



# FAB OR FAD?

## How different diets impact your health.

Mediterranean. Paleo. Keto. DASH. South Beach. Atkins. Zone. Vegan. Raw Foods. So many diets! All promise to help you lose weight, lower your blood pressure, protect against disease or reduce your environmental footprint. Not sure which diet is best? You're in good company!

What you eat, and how much you eat, has significant impact on your overall health, including your weight. Despite the fact that millions of us go on a diet every year, two-thirds of adults and one-third of children are nevertheless overweight or obese.

Every year, *U.S. News & World Report* ranks the best diets overall and in various categories, such as weight loss. Its 2018 overall top three diets are the Mediterranean and DASH diets (which are tied) and the flexitarian diet. A flexitarian is a flexible vegetarian—someone who eats primarily plants, but also eats a small amount of food that comes from animals.

All three share important characteristics: They focus primarily on plants, whole grains, healthy fats (such as olive oil), lean protein and minimal amounts of added sugars, fats and salts. Studies show that these diets really do help people maintain a healthy weight and reduce their risk for many preventable diseases, such as heart disease, diabetes and several types of cancer.

High protein diets, such as Atkins or Zone, and commercial diet programs, such as Weight Watchers and Volumetrics, can help you lose weight. High protein diets focus on controlling insulin (a hormone that plays a role in diabetes) by limiting carbohydrates. They can lead to nutritional

deficiencies and other problems if you're not careful. Commercial diet programs generally provide nutritionally balanced meals in measured portion sizes.

## How do different diets compare?

The truth is, no one diet is best. It really depends on your health (for example, being high risk for one or more chronic diseases) and whether you need to lose weight. However, here are a few common elements that underlie a healthy, sustainable eating plan.

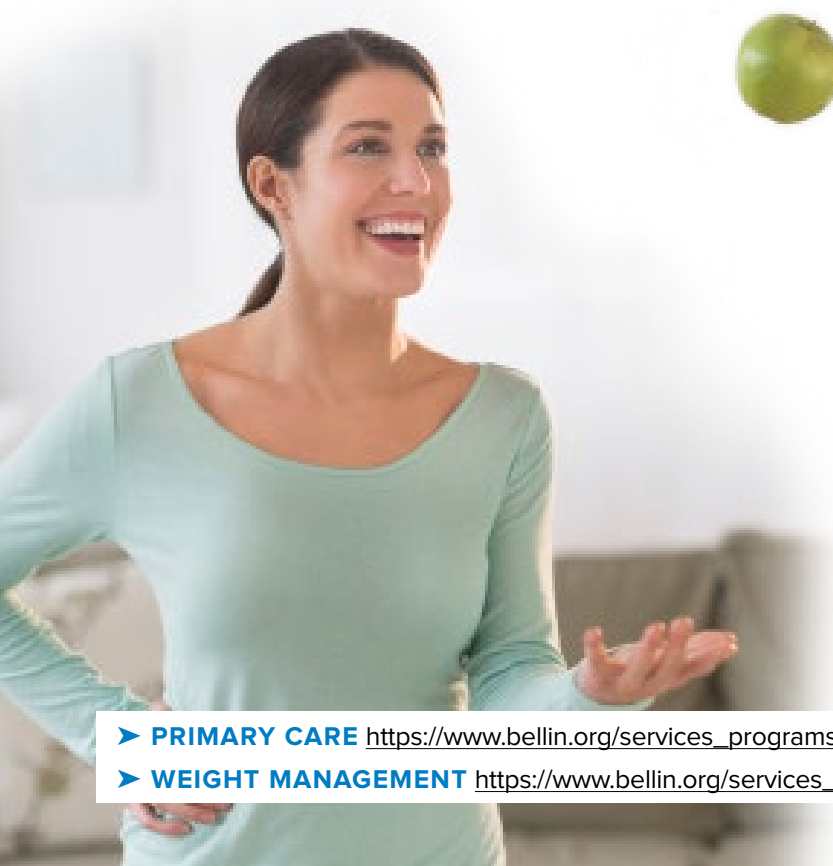
- Plant-based diets (made up primarily of fruits, vegetables, whole grains, nuts and seeds) are nutrient rich and medical evidence shows they are associated with positive health outcomes, including fewer cancers and less heart disease.
- It's not clear that low-fat diets are better than diets high in healthful fats (for example, the Mediterranean diet).
- The Mediterranean diet, which includes high fiber intake, moderate amounts of alcohol and meat, antioxidants and polyphenols (micronutrients), has favorable effects on heart disease, cancer risk, obesity and metabolic syndrome (which is a risk factor for heart disease and diabetes).
- Diets that emphasize healthy carbohydrates are better than those that are low carb. Whole grains may lower your risk for cancers and help you control your weight.

## Still confused about which diet is best for YOU?

Talk to your doctor. Together you can evaluate whether you need to lose weight, lower your risk for heart disease or diabetes or just find a healthy eating plan that works for you over the long term.

# WHAT IS A HEALTHY DIET?

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy (including milk, yogurt, cheese) and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products
- Oils
- Limits saturated and trans fats, added sugars, and sodium



➤ **PRIMARY CARE** [https://www.bellin.org/services\\_programs/primary-care](https://www.bellin.org/services_programs/primary-care)

➤ **WEIGHT MANAGEMENT** [https://www.bellin.org/services\\_programs/weight-management](https://www.bellin.org/services_programs/weight-management)



# HEART SMART

Heart Smart – it may sound like a label on a box of Cheerios, but it's really about knowing how to care for your heart. You may think you know how to keep your heart healthy, but your real "Heart Smart IQ" may be much lower than you think.

Recently, Ralph Sacco, President of the American Heart Association, told

USA Today: "There's a lack of awareness of what ideal cardiovascular health really is. While 35% of people surveyed say they're in good health, when quizzed about seven major health factors – diet, activity level, blood pressure, cholesterol, weight, blood sugar and smoking status – only about half of 1% hit all the targets for good health. "People think they're healthier than they are," he says, "making it less likely that they'll take steps to reduce their heart risks."



*Take our health screening recommendation survey for topics to talk with your primary care provider about at your next appointment!*



<https://www.bellinforwomen.com/womens-general-health-assessment/>

## Know Your Numbers to be Heart Smart.

Find out from your doctor what your numbers are. Study this chart and learn what your ideal numbers should be and make a plan to get yours in a good range.

FACTOR	GOAL
Total Cholesterol	Less than 200 mg/dL
LDL ("Bad") Cholesterol	Less than 100 mg/dL
HDL ("Good") Cholesterol	At least 40-60 mg/dL
Triglycerides	Less than 150 mg/dL
Blood Pressure	Less than or equal to 120/80 mmHg
Fasting Glucose	60 - 100 mg/dL
Body Mass Index (BMI)	20 - 24 Kg/m <sup>2</sup>
Waist Circumference	Less than 35 inches
Exercise	Minimum of 30 minutes most days, if not all days of the week

Sources: [www.yourlife.usatoday.com/health/medical/heartdisease](http://www.yourlife.usatoday.com/health/medical/heartdisease)  
[www.nlm.gov/outreach/consumer/hlthlit.html](http://www.nlm.gov/outreach/consumer/hlthlit.html)  
 National Heart, Lung, and Blood Institute  
 American Heart Association

► **CARDIOVASCULAR** [https://www.bellin.org/services\\_programs/the-heart-vascular-team](https://www.bellin.org/services_programs/the-heart-vascular-team)

► **PRIMARY CARE** [https://www.bellin.org/services\\_programs/primary-care](https://www.bellin.org/services_programs/primary-care)

## UPCOMING EVENTS

### **Titletown Tone Up** – Green Bay

February 4, 2019, 5:30pm – 7:00pm: Bellin Health Titletown, 1970 S. Ridge Rd., Green Bay

### **How to Make Goals That Stick!** – Suamico

February 7, 2019, 5:30pm – 7:30pm: Time for Decor, 2304 Lineville Rd, Suamico, WI 54313

### **Heart Smart** – Green Bay

February 12, 2019, 5:30pm – 6:30pm: The Oilerie, 2300 Lineville Rd #106, Green Bay

### **Focus on Yourself** – Oconto

February 19, 2019, 10:00am – 11:00am: Bellin Health Bond Community Center, 1201 Park Ave, Oconto

### **How to Address Mass Violence Awareness** – Marinette

February 20, 2019, 5:30pm – 6:30pm: Marinette High School, auditorium: 2135 Pierce Ave, Marinette, WI 54143

### **Fad or Fab?** – Green Bay

February 21, 2019, 5:30pm – 6:30pm: Festival Foods, North, 2430 University Ave

### **Serene Heart** – Marinette

February 26, 2019, 5:30pm – 7:00pm: River Cities Pool, 1125 University Dr, Marinette

### **Screening Screen Time** – Green Bay

March 7, 2019, 5:30pm – 7:00pm: Green Bay Botanical Gardens, 2600 Larsen Rd

► **FOR MORE INFORMATION** and to register, go to [www.BellinForWomen.com/events](http://www.BellinForWomen.com/events)