



# American Heart Month

## Join the HEALTHY FOR GOOD Movement

The American Heart Association is here to help you get inspired to create lasting change in your health and your life, one small step at a time. Their approach is very simple:

- EAT SMART
- ADD COLOR
- MOVE MORE
- BE WELL

[Learn more](#) about the Healthy for Good movement.



## WHAT TO EAT TO KEEP YOUR HEART HEALTHY

**When it comes to your heart, what you eat matters.** Eating healthy doesn't have to mean dieting or giving up all the foods you love. Learn how to eliminate junk food and give your body the foods it needs to stay energized all day.



**Protein.** When choosing protein, go for low-fat options, such as lean meats, skim milk or legumes. Combine your choice with vegetables, such as low-fat soups or a stir-fry.

**Dietary Fats.** Fat has a bad reputation even though it is a nutrient that we need in our diet. Consuming high levels of saturated or trans fats can lead to heart disease and stroke, but healthy fats are a part of healthy diet.

**Carbohydrates.** Not all carbs are created equal. It is important to limit foods that are high in processed, refined simple sugars because they have little nutritional value. Add more complex carbs to your diet by eating fruits and vegetables. When you eat grains, focus on whole-grains, as well as beans, lentils and peas.

Visit the American Heart Association's [website](#) for recipes & more!

## HEALTH MYTH BUSTERS

1

**I'm too young to worry about heart disease.**

Even young and middle-aged people can develop heart problems – especially now that obesity, type 2 diabetes and other risk factors are becoming more common at a younger age.

2

**Heart disease runs in my family, so there's nothing I can do to prevent it.**

You can take steps to reduce your risk. Create an action plan to keep your heart healthy by: getting active, eating better, maintaining a healthy weight, and stopping smoking.

3

**I should avoid exercise after having a heart attack.**

No, as soon as possible, get moving with a doctor approved plan for you!



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<https://wellnesstherightway.hmchealthworksco.com>





# SUCCESS STORY

## MEMBER

67 Year Old Male

## GOALS

To manage high blood pressure and learn how to eat healthier.

## SUCCESS

Reduced blood pressure and now reads nutrition labels to help him make healthier food choices.

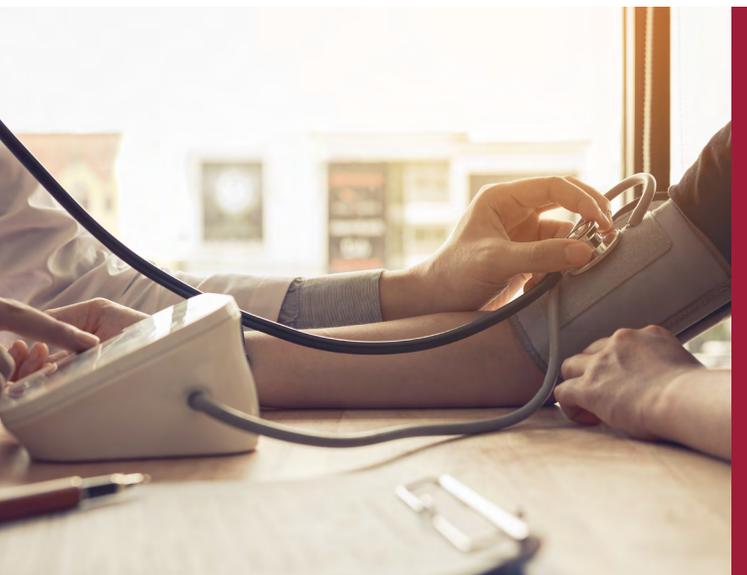
## OUTCOMES

The participants ultimate goal of being able to enjoy life and take less medication was reached. He became a nutrition label reader and is eating more sensible snacks such as fruit and nuts. His biggest change is giving up ice cream except for rare occasions.

## IN HIS OWN WORDS

"My blood pressure has been consistently good."

**WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).**



## VEGETABLE TURKEY SOUP

<https://recipes.heart.org/en/recipes/vegetable-turkey-soup>

### Ingredients - Serves 6

- 1 lb ground skinless turkey breast, broken up
- 3 large carrots (peeled, sliced)
- 3 medium zucchini (sliced)
- 1 small onion (chopped)
- 1 can no salt added tomato sauce
- 1 can cannellini beans (rinsed, drained)
- 2 medium garlic cloves (minced)
- 1 tbsp dried Italian seasoning (crumbled)
- 1/2 tsp salt
- 1/2 tsp pepper
- 4 cups fat-free, low-sodium chicken broth

### Directions

1. In a slow cooker, use a spoon to break up ground turkey into small pieces.
2. Slice carrots and zucchini. Chop onion and mince garlic cloves.
3. Put vegetables, beans and seasoning into a slow cooker.
4. Pour in broth and tomato sauce, stir to combine.
5. Cook, covered, on low for 8 hours, until the turkey is no longer pink.



Click [here](#) for more healthy recipes.