



LIVE WELL @WORK

Newsletter

UC San Diego
SCHOOL OF MEDICINE

Center for
Community Health

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FEATURE

American Heart Month and Love Your Heart Day

The heart is one of the most important organs in the body. It keeps the blood and oxygen flowing to every single cell in a person's body to keep them alive and well. February is a great time to think about your heart health because it is American Heart Month. According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. The CDC estimates 25% of the deaths due to heart disease in the United States are preventable for those under the age of 75. Prevention is the key to maintaining a healthy heart. So, love your heart this month by getting your blood pressure checked during the *Live Well San Diego* Love Your Heart Day (February 14th) and by practicing these heart-healthy tips: 1) Be active – any movement is good movement! Thirty minutes per day every day is recommended for good health. 2) Good nutrition – you may have heard it before but that's because it's important. Eat more fruits, vegetables, and whole grains, and eat less saturated fats and added sugars. 3) Avoid smoking and limit alcohol consumption. 4) Get screened for cholesterol levels, blood pressure, BMI, and waist-to-hip ratio.

HARVEST OF THE MONTH

Winter Squash & Kiwi

Roasted butternut squash is a wonderful winter dish full of nutrients. A cup of cooked and cubed butternut squash is an excellent source of vitamin A, which supports good vision.

A ½ cup of kiwi—also known as kiwifruit—is an excellent source of vitamin C, which benefits your immune system.



SWAP OUT → SWAP IN

Driving → Walking

For many Californians, driving a car is the default transportation for getting to work or going grocery shopping. However, all that driving can impact an individual and their family's health. Research shows the more time you spend in your car, the higher the chance of obesity, smoking, physical inactivity, and a shorter night's sleep.¹ Thankfully there is an easy solution to lowering risks for these conditions: drive a little less and walk a little more. Spending just 30 minutes a day walking can have a positive impact on your health and may be easier to accomplish than you think. Try these tips to increase your activity:

- Pick a parking spot far away from work or the store where you shop.
- Take three 5-minute walking breaks a day at work or at home.
- Park and walk your kids to school instead of dropping them off in the front of the campus.
- Walk to get coffee or tea.
- Get creative and think about other ways you can increase how much time you walk every day.

1. Ding D, Gebel K, Phongsavan P, Bauman AE, Merom D. Driving: A Road to Unhealthy Lifestyles and Poor Health Outcomes. Adams MA, ed. PLoS ONE. 2014;9(6):e94602. doi:10.1371/journal.pone.0094602.