



WORK RIGHT REVIEW

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HEART HEALTHY

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February is American Heart Month! So, let's take time to recognize the indicators and variables of cardiovascular issues and a heart-healthy lifestyle.



Diet

A low animal protein, plant rich diet is the driver for good cardiovascular health, such as the Mediterranean diet - rich in monounsaturated fats and nutrients from olive oil, nuts, fruit, and whole grains; and limits consumption of animal-based protein, particularly red meat.



Exercise

Presently, the AHA recommends 150 or more minutes per week of moderate intensity exercise to maintain heart health. This time can be adjusted based upon intensity and duration of exercise. Furthermore, an individual's fitness level is a better indicator of mortality than well known predictors such as smoking, high blood pressure, an diabetes.

Just over 20 minutes a day!



Blood Pressure

If blood pressure remains elevated, we know rates of cardiovascular disease are equally elevated. Not all blood pressure treatments need medication! The first and most effective treatment option is lifestyle intervention with diet, weight reduction and exercise.



Smoking

Smoking is a well known risk factor for all disease states. Quitting is the best treatment! Those that stop smoking can see an initial reduction in risk in the first year. Discuss your options with your doctor and check if your insurer has free programs to help you quit.



DID YOU KNOW?

Although African American adults are 40 percent more likely to have high blood pressure, they are less likely than non-Hispanic whites to have their blood pressure under control.

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

