



Thrive

WELL-BEING **TOOLKIT**

FEBRUARY

**NATIONAL
HEART
MONTH**

Thrive

WELL-BEING TOOLKIT

NATIONAL HEART MONTH

SPONSORED BY THE AMERICAN HEART ASSOCIATION

(Emphasis on Physical and Social Well-being)

Throughout the nation, the focus during the month of February is National Heart Month. The American Heart Association has provided their toolkit which includes sugar swaps, heart-healthy recipes, a handout on sodium consumption, Go Red for Women® promotional materials and more. To help encourage your employees to participate, please consider doing the following:

1. Hang up the flyer for National Wear Red Day (page 3) around the office. This will help spread the word and get more people to participate.
2. Celebrate on Friday, Feb. 5th by having the entire office wear red and having a Wear Red Luncheon. The recipes and ideas are on page 5.
3. What's your risk to heart disease? Find out by filling out the "New Leaf" handout for Week 2. Email the handout to everyone in your organization for them to fill out so they can be aware of their risk of heart disease.
4. Did you know that the average adult eats more than 3,400mg of sodium a day? That's more than DOUBLE the recommended limit! For Week 3, cut down on sodium by finding easy swaps, shown on page 9.
5. Sugar is delicious, but too much can be bad for you. For Week 4, concentrate on eliminating added sugars and focusing more on natural sugars in fruits and vegetables. The handout on page 11 can get your agency pointed in the right direction.

Happy National Heart Month!

National Wear Red Day®

FRIDAY, FEBRUARY 5, 2016

Join the American Heart Association's Go Red For Women® movement to help raise awareness and save more lives.

You can:

- wear red on February 5th;
- encourage others to get involved.

For more information about your organization's involvement, contact: _____

Let's unite to prevent heart disease and stroke.
Wear red to raise awareness and help save women's lives.

GoRedForWomen.org/WearRedDay.

Go Red For Women is nationally sponsored by



WEEK ONE

NATIONAL
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ON NATIONAL WEAR RED DAY,[®] MAKE EVERY PART OF YOUR CELEBRATION “RED” BY ENJOYING THESE RED FOODS AND DRINKS

Frozen Watermelon Bites

Alternate frozen cubes of watermelon and mint leaves on a skewer and serve cold.

Ravin' Red Smoothie

Blend 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup frozen raspberries and 1 frozen banana.

Red Pasta

Cook whole-wheat spaghetti and top with low-sodium marinara sauce, diced tomatoes and sun-dried tomatoes.

Baked Red Apple Dessert

Fill 1 whole red apple (cored) with ¼ cup chopped almonds, ¼ cup dried cranberries, 1 tsp. honey and 1 tsp. brown sugar. Bake for 15 minutes at 350° or until sugar bubbles.

Perfect Polenta

Cook polenta and mix with roasted cherry tomatoes, roasted red bell pepper and sun-dried tomato.

Stuffed Red Bell Peppers

Stuff 1 red bell pepper (cored) with ½ cup cooked brown rice, ¼ diced red onion, ¼ cup ground turkey (browned), 1 tbsp. parsley, salt and pepper. Bake at 350° for 15 minutes or until pepper is heated through.

Red Bean Salsa

Combine 2 cups red beans, ½ cup diced red onions, 1 cup diced red tomato, ¼ cup diced jalapeño (remove seeds), ¼ cup chopped parsley, 2 tbsp. lemon juice, salt and pepper.

Roasted Red Cabbage Salad

In a large bowl, combine 2 cups chopped red cabbage (roasted), ½ cup red onion (thinly sliced and sautéed), ¼ cup red wine vinegar, 1 tbsp. olive oil and sea salt.

TRY THIS HEART-HEALTHY RECIPE:

Fresh-Fruit ‘Sangría’

4 servings (1 1/3 cups/serving)

Ingredients

3 cups unsweetened cranberry apple juice blend, or 2 cups unsweetened cranberry juice and 1 cup unsweetened apple juice, chilled

1 cup sparkling water, chilled

1 small apple, such as Red or Golden Delicious, Gala, or Fuji, diced

1/2 cup raspberries

1/2 cup blueberries

1 small lemon, cut into 8 slices

1 small lime, cut into 8 slices

1 cup crushed ice



Preparation

1. In a small pitcher or other container with a pouring spout, stir together the juice and sparkling water.
2. In a small bowl, gently stir together the apple, raspberries, and blueberries. Spoon into glasses. Place 2 lemon slices and 2 lime slices in each glass. Spoon the ice over the fruit. Pour in the juice mixture.[®]

American Heart Association

Nutrition Analysis (per serving)
Calories.....128
Total Fat.....0 g
Saturated Fat.....0 g
Monounsaturated Fat.....0 g
Polyunsaturated Fat.....0 g

Sodium.....29 mg
Carbohydrates.....32 g
Fiber.....2 g
Sugars.....26 g
Protein.....0 g

Dietary Exchanges

2 fruit

Make a change at
GoRedForWomen.org/WearRedDay.



Go Red For Women is nationally sponsored by



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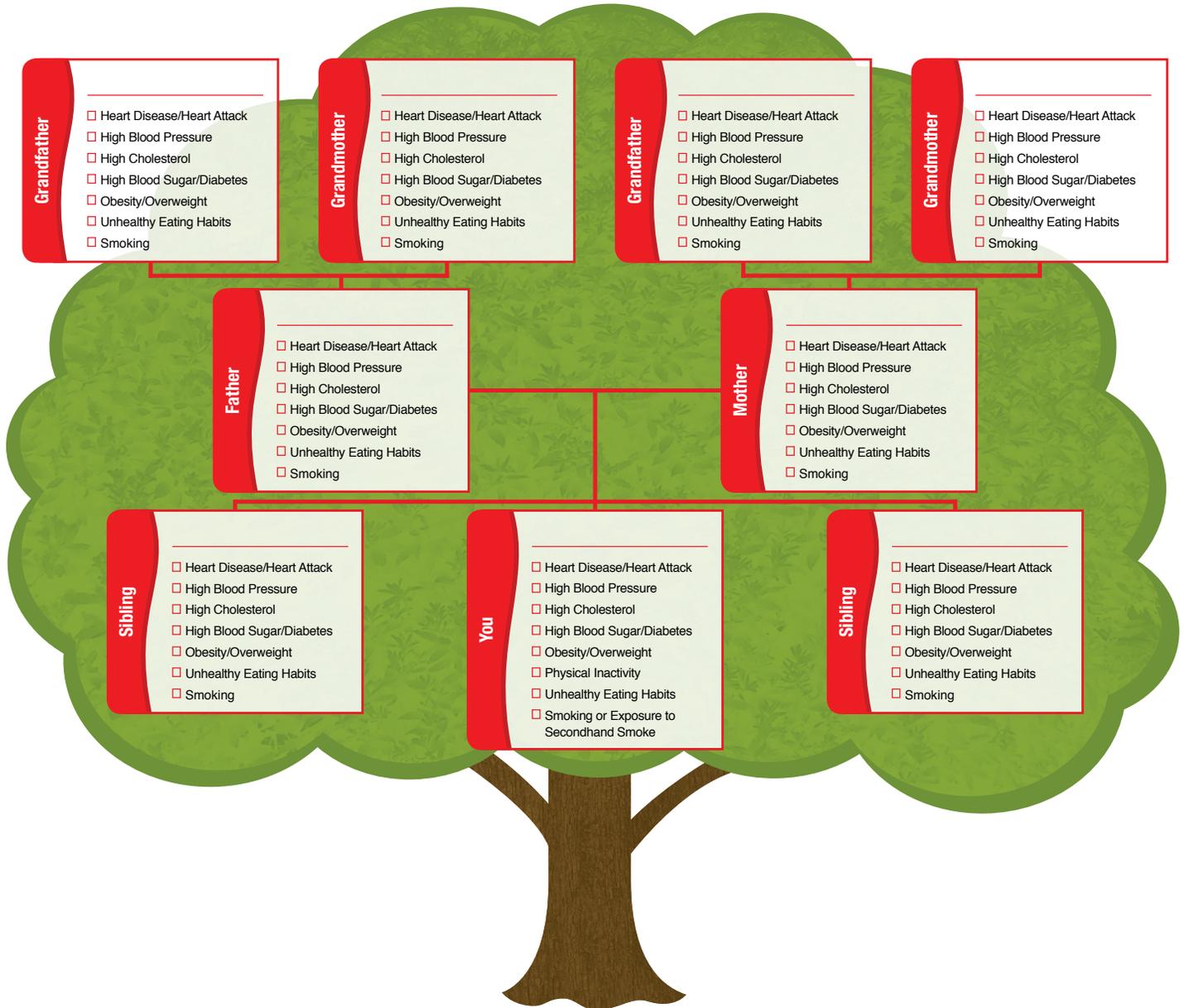
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WEEK TWO

NATIONAL
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Heart Disease in the Family Tree Means It's Time to Turn Over a New Leaf.



The tendency to develop heart disease can run in the family, passed down through risk factors such as high blood pressure, high cholesterol, high blood sugar levels and obesity.

Now for the good news: Even with a family history of heart disease, you may prevent it through healthy eating habits and frequent physical activity. And you can pass along those habits to the next generation.

It's time to know about your family's health history. It's time to do more to reduce your own risk.

GET STARTED TODAY WITH THESE EASY STEPS:

1. Map out your blood relatives' health history using this document as a guide.
2. Talk with your healthcare provider about what this means to you and to your family.
3. Start practicing healthy eating habits and frequent physical activity with your family.

For more information, plus a free red dress pin, visit GoRedCorazon.org call 1-888-AHA-USA1 or 1-800-242-8721



Go Red For Women is nationally sponsored by



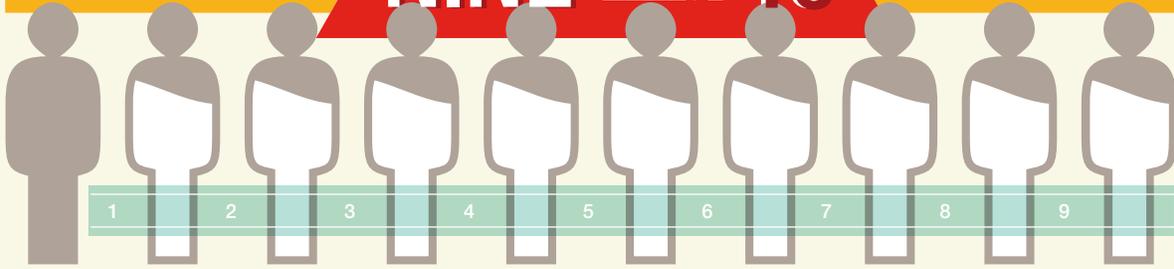
WEEK THREE

NATIONAL
HEART
MONTH

AMERICANS

NINE out of 10

CONSUME



TOO MUCH SODIUM

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit of 1,500 milligrams.



*Source: Centers for Disease Control (CDC)

Choose lower-sodium foods and cook at home more often.



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

Check the Nutrition Facts label for the amount of sodium per serving AND the number of servings per container.

Read food labels. Assorted brands of the same food often have different sodium amounts.



Excess sodium increases a person’s risk for **HIGH BLOOD PRESSURE**, which can lead to heart disease and stroke



life is why™

WEEK FOUR

NATIONAL
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Life is Sweet... with these Easy Sugar Swaps!

If you're cutting back on added sugars or calories, try these swaps to get the sweet taste you love:

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbecue sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



Tea and Coffee

Swap sugars (including honey and agave syrup) for a no-calorie sweetener. One packet adds about the same sweetness as two teaspoons of sugar — and typically saves you more than 25 calories.

NO-CALORIE SWEETENER



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Get recipes and more tips at
RECIPES.SPLENDA.COM

The American Heart Association recommends cutting back on added sugars. Using low- and no-calorie sweeteners is one option that may help in an overall healthy diet. Foods and beverages containing low- and no-calorie sweeteners can be included in a healthy eating plan, as long as the calories they save are not added back as a reward or compensation. The FDA has determined that certain low- and no-calorie sweeteners, such as sucralose, are safe.

It's important to eat an overall healthy dietary pattern that **includes** a variety of fruits and vegetables, whole grains, beans and legumes, fish, skinless poultry, nuts and seeds, and fat-free/low-fat dairy products; and **limits** sodium, saturated fat, red meat and added sugars.

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FEBRUARY EMAIL TEMPLATE

(Copy and paste to send out to participants)

The month of February is the American Heart Association's National Heart Month. This movement is to help raise awareness for heart disease and stroke prevention. This month's activities will provide you with sugar swaps to cut back on sugar and calories, insights about sodium consumption and how to map out your family history of heart disease. These activities will be sure to equip you with the knowledge you need to prevent heart disease and stroke for you and your family.

FAQ's

HOW DO I UTILIZE THE WELL-BEING INSIGHT TOOLKITS?

The Well-being Insight Toolkits were created and formatted to assist you, as a wellness coordinator, to promote employee well-being in your state agency. We do this effectively through quarterly activities and tools.

HOW CAN I ENGAGE MY CO-WORKERS TO PARTICIPATE IN THE MONTHLY ACTIVITIES?

We provide a brief synopsis for each month's theme and activity in the editor's note that you can utilize to advertise to employees at your state agency. Also, we provide you with all the materials needed to advertise and promote the month's well-being activity, including email content you can send to employees.

PLEASE NOTE: The intent of the activities in the Toolkit is to give opportunities and empower employees to thrive in their own lives. It is in no way to pressure employees to participate in well-being activities.

WHEN SHOULD I EMAIL THE ACTIVITIES OUT TO EMPLOYEES AT MY AGENCY?

We recommend emailing the brief overview two weeks before the month begins to advertise the theme for the month and promote the activities. Also, we include in the toolkit an email you can send to employees who have signed up for the program, highlighting the month's theme and activities.

These are recommendations, but you are the expert of your state agency so you know what will best work for your site and location. This toolkit is for you to promote monthly well-being initiatives while making it simple and easy for you.

HOW DO I ORGANIZE A WEAR RED PARTY?

No reason to fret. Visit the [Wear Red Day Tools and Resources Page](#) and sign up by choosing "Get Tools." You'll receive a confirmation email with a link to access the free materials that will help make your Wear Red Day a huge success.