



# Be Heart Smart

American Heart Association®  
*Learn and Live™*

## Recommendations for Physical Activity for Heart Health:

- Moderate-to-vigorous intensity physical activities should be done for at least **30 minutes 3-5 (but preferably all) days of the week**, and they should be done at **50–85 percent of maximum heart rate** to maintain a heart healthy lifestyle.
- Moderate-to-vigorous intensity physical activity should be done **for at least 45-60 minutes** most days of the week **to help you lose weight**.
- **Remember:** Physical activity **can be accumulated** (e.g., 10 minute sessions) throughout the day. It's important to include physical activity as part of the regular routine.



## Moderate vs. Vigorous Activity Test

To see whether you are moderately working out or vigorously doing so, use the talk test.

- A person who is active at a light intensity level should be able to sing while working out.
- One who is active at a moderate intensity level should be able to carry on a conversation rather comfortably while engaging in the activity.
- If a person becomes too out of breath to carry on a conversation, the activity can be considered vigorous.

We all know the basics of healthy living, but sometimes we find it rather hard to follow through with because we think we don't have enough time, or we feel we don't know how or where to begin. February is Heart Health Awareness Month, and according to estimates by the American Heart Association (AHA), over 64 million Americans have one or more forms of cardiovascular disease. The good news is that there are ways to significantly lower your chances of developing heart disease and reverse the effects of a current heart condition you may or may not be aware of by making a few lifestyle changes. We **can** develop good habits, even when we start out with small efforts. The two crucial elements are a healthy eating plan and regular exercise.

### Play Heart Smart:

You can take care of your heart by taking care of the rest of your body. Making exercise a part of your daily routine is very important. Swimming, cycling, jogging, skiing, dancing, walking and dozens of other activities can help your heart. Whether it is included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier heart.

### Eat Heart Smart:

A heart-healthy diet is the first place to start for heart health. Heart healthy food will help you maintain good health and reduce your chances of developing heart disease and reduce the risk of future heart problems, like a heart attack or stroke. Changing the way you eat, even in small ways, will allow you to control your cholesterol, triglycerides, homocysteine and CRP levels, all vital to heart health.

As part of your Heart Health Plan, there are many different foods and nutrients that you should try to include as much as possible, and others that you should try to limit or avoid altogether. Try to include as many of these items as possible in your diet:

- **Fruits and vegetables**—The AHA suggests eating 3-5 servings of fruit and veggies a day. Green, leafy vegetables and Vitamin C rich fruits are the best, as they can protect you against heart disease with their antioxidant abilities.
- **Fiber**—The AHA suggests eating 3 servings of whole grain foods that are high in fiber.
- **Natural oils**—Heart conscious recipes should include extra virgin olive oil - it has been shown to reduce bad cholesterol levels.
- **Chicken, fish and beans**—These items are lower in saturated fat and cholesterol.
- **Omega 3 fatty acids**—Adding Omega 3 Fatty Acids, especially DHA and EPA found in fish oil. These two important Omega 3 fatty acids can significantly decrease bad cholesterol (LDL) as well as raise good cholesterol (HDL).
- **Water**—It is extremely important to keep your body hydrated, as water will flush out toxins in your body.

Try to reduce your sugar intake from snacks, cakes, candy bars, etc. as these sugars eventually become fat buildup in the body. You should try to stay away from the trans fats and hydrogenated oils found in processed and refined foods because they are chemically altered, and the body is not able to process them.

Your health is important to us, so let us help you get on the right track to heart health... Try some of the tasty heart healthy recipes in the **cookbook** provided.

*\*Please don't hesitate to contact us if you are a Policyholder and would like more information or cookbooks for your staff.\**

**TELCOM**  
INSURANCE GROUP  
6301 Ivy Lane, Suite 506 ° Greenbelt, MD 20770  
Phone: (800) 222-4664 ° Fax: (301) 474-6196  
[www.TelcomInsGrp.com](http://www.TelcomInsGrp.com)

