



Ways to Love Your Heart

Heart disease cuts too many lives short. But here is the good news: There are simple steps you can take to nurture and protect your heart every day.

- **Tip the scales in your favor.** Maintain a healthy weight to help your heart pump more efficiently. A 10-pound weight loss can lower blood pressure and reduce strain on your heart.
- **Nosh on the good stuff.** Reach for fresh fruits and vegetables, whole grains, low-fat dairy, and skinless poultry and fish first. They reduce plaque that clogs arteries and blood vessels.
- **Move more.** Add 30 minutes of moderate aerobic activity at least five days a week to help your heart beat strong. Plus, it lowers stress and keeps the extra pounds off!
- **Keep your numbers in check.** Take steps to lower your blood pressure and cholesterol levels if they are high. This will also reduce your risk for heart disease, heart attack and stroke.

What is High Blood Pressure?

High blood pressure is also known as hypertension. It happens when the force of your blood pushing against the walls of your blood vessels is too high. High blood pressure can lead to other serious problems such as heart attack and stroke.

Blood pressure and the circulatory system

Your tissues and organs need the blood your circulatory system carries through the body. Your heartbeat makes this happen by pushing blood through the blood vessels. These vessels include arteries, veins and capillaries. Blood pressure is the results of two factors:

- **Systolic Pressure** - happens as blood pumps out of the heart and into the arteries.
- **Diastolic pressure** - is created as the heart rests between heart beats.

These 2 forces are each represented by numbers in the blood pressure reading.



KNOW YOUR NUMBERS

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Additional Resources:

Healthy Heart, Healthy You Webinar

Date: Wednesday February 26th

Registration Links:

12pm-12:45pm

BCBS Webinar-Healthy Heart, Healthy You

5pm-5:45pm

BCBS Webinar-Healthy Heart, Healthy You

**Are you planning your Health and
Wellness initiatives or a benefits fair?**

Be sure to contact: Heather or Erika

This information is intended for
educational purposes only and should
not be interpreted as medical or
financial advice.

Heart Health Recipe

White Bean Dip

Ingredients:

- 1 cab white (Cannellini) beans
- 8 garlic cloves, roasted
- 2 tablespoons olive oil
- 2 tablespoons lemon juice

Directions:

In a blender or food processor, add the
beans, roasted garlic, olive oil and lemon
juice. Blend until smooth. Serve on top of
thin slices of toasted French bread or pita
triangles. This also can be served on top of
red bell peppers cut into squares.

Nutrition: (2tbs) Cal. - 95, Carbs - 12.5g, Fat - 4g
Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/white-bean-dip/rcp-20049728>