

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.

## American Heart Association Recommendations for Physical Activity in Adults



Being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. To improve overall cardiovascular health, we suggest at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy

goal to remember. For people who would benefit from lowering their blood pressure or cholesterol, we recommend 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.

**Physical activity is anything that makes you move your body and burn calories.**

This includes things like climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

Begin making heart healthy changes in your life by first visiting [Heart.org](http://Heart.org).

**Source:** <http://bit.ly/2DSWpQc>

### It's Not Too Late to Get Your Flu Shot

Did you know that every year there are more deaths from the flu than from automobile accidents? It's true! However, there is good news. It's not too late to get your flu shot. The flu season usually peaks in February with the highest number of cases reported during that time frame. The good news is that it's still not too late to get your flu shot to protect yourselves and your loved ones from the flu and/or pneumonia. The Centers for Disease Control (CDC) recommends everyone, six months of age or older, get an annual flu shot. Older adults and people with chronic conditions, especially those over the age of 65, should also consider getting vaccinated against pneumonia. It's easy to get your free flu shot. Just go to your physician's office, local pharmacies including CVS®, Publix®, Walgreens and many others. For more information, visit <http://www.cdc.gov/flu/>.

## Cardiovascular Disease & Diabetes

### Why are people with diabetes at increased risk for CVD?

Diabetes is treatable, but even when glucose levels are under control, it greatly increases the risk of heart disease and stroke. People with diabetes, particularly type 2 diabetes, may have the following conditions that contribute to their risk for developing cardiovascular disease.

- **High blood pressure (hypertension)**- High blood pressure has long been recognized as a major risk factor for cardiovascular disease. Studies report a positive association between hypertension and insulin resistance.
- **Abnormal cholesterol and high triglycerides**- Patients with diabetes often have unhealthy cholesterol levels including high LDL ("bad") cholesterol, low HDL ("good") cholesterol, and high triglycerides. This triad of poor lipid counts often occurs in patients with premature coronary heart disease.
- **Obesity**- Obesity is a major risk factor for cardiovascular disease and has been strongly associated with insulin resistance. Weight loss can improve cardiovascular risk, decrease insulin concentration and increase insulin sensitivity.
- **Lack of physical activity**- Exercising and losing weight can prevent or delay the onset of type 2 diabetes, reduce blood pressure and help reduce the risk for heart attack and stroke. The American Heart Association recommends at least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week**.
- **Smoking**- Smoking puts individuals, whether or not they have diabetes, at higher risk for heart disease and stroke. It's time to kick the habit.

For more information about making heart healthy changes in your life visit Heart.org. **Source:** [http://www.heart.org/HEARTORG/Conditions/More/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp/#.WjAzy-bxESw](http://www.heart.org/HEARTORG/Conditions/More/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp/#.WjAzy-bxESw)

## GO RED FOR WOMEN

Support Go Red For Women by participating in National Wear Red Day® on **Friday, February 2, 2018** and donate to help fund research during American Heart Month.

**Why Go Red?** Cardiovascular disease in the U.S. kills approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red For Women advocates for more research and swifter action for women, and is a movement that starts with you. Lead by example and make the time to "Know Your Numbers." It's knowledge that could save your life. Five numbers that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life — **their hearts depend on it.**

## FEBRUARY EVENTS

Date	Time	Event	Location	Description
<b>Feb. 9 – Feb. 11, 2018</b>	Various	<b>The 11th Annual DONNA Marathon Weekend</b>	Jacksonville Beach	DONNA Marathon Weekend (5k, 10k, Relay, Half Marathon, Marathon, Ultramarathon and Event Challenges) fills the City of Jacksonville with over 10,000 runners from all 50 states and 20 countries. <a href="https://breastcancermarathon.com/">https://breastcancermarathon.com/</a>
<b>Sun. Feb. 18, 2018</b>	6:00 am	<b>PUBLIX 2018 FORT LAUDERDALE A1A MARATHON, HALF MARATHON, 5K, or KOMEN RUN FOR THE PINK 6K</b>	401 SW 2nd St., Fort Lauderdale, FL 33312	Our Marathon course features 26.2 miles of signature South Florida beauty, loaded with miles of unobstructed ocean views. <a href="https://a1amarathon.com/">https://a1amarathon.com/</a>
<b>Fri. Feb. 23, 2018</b>	5:30 am	<b>Disney Princess 5K presented by Children's Miracle Network Hospitals</b>	Walt Disney World® Epcot®	Beginners, intermediates, even experienced racers are invited to share the magic in the Disney Princess 5K. <a href="https://www.rundisney.com/princess-half-marathon/#royal-family-5k">https://www.rundisney.com/princess-half-marathon/#royal-family-5k</a>



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