

## Monthly Wellness Newsletter | February 2018

### Let's Get Heart Healthy

In honor of American Heart Month, eni is pleased to once again bring you our annual newsletter on heart health. While the number of deaths from heart disease is on the decline, the American Heart Association estimates that heart disease still counts for 1 in 7 deaths in the U.S. With over 92 million American adults currently living with a form of heart disease, an awareness of heart health and risk factors can make a major difference in your life.

While there are a variety of factors that contribute to your overall risk of heart disease, a healthy lifestyle can significantly reduce that risk. Below are a few general guidelines to lead you toward living a heart-healthier life.

#### Stop Smoking

According to the Centers for Disease Control (CDC), nearly 7 out of 10 smokers actually want to quit. If you are searching for another reason to drop the habit, look no further than your own heart. The AHA has found that smokers face a much higher risk of developing heart disease than nonsmokers. The good news is, within 24 hours of quitting your body begins to heal and within just one year your risk is cut in half.

#### Control Blood Pressure

As blood pressure increases, your heart works harder, causing the heart muscle to thicken and stiffen. The thicker the muscle becomes, the more likely it is to become damaged or weak, greatly increasing your risk of heart disease. To combat high blood pressure, increase your calcium, magnesium and potassium intake, and minimize sodium. Incorporating exercising into your lifestyle and adjusting your diet can have a major impact, but be sure to also consult your doctor on the best treatment for your condition.

### Manage Diabetes

If you have diabetes, the best way to minimize your risk of heart disease is to manage your condition. It is important to consult with your doctor to create a plan to control your sugar levels. This treatment plan may include recommendations to regularly test sugar levels, take insulin and maintain a schedule for medication.

### Monitor Cholesterol

High cholesterol is a controllable factor in your risk of heart disease. One way to manage your cholesterol is to limit processed meats, fried foods, baked goods, high-fat dairy products, items with trans fats, and oils that are high in saturated fat. Increasing your intake of avocados, salmon, walnuts, almonds, garlic, oatmeal, blueberries, grapes, broccoli and olive oil, can actually lower your cholesterol levels.

### Maintain a Healthy Weight

Excess body fat, especially located around the waist, increases the heart's workload. As your heart begins to work harder, your risk for heart disease steadily increases. Obesity also raises the likelihood for other diagnosis such as high cholesterol, blood pressure and diabetes, all of which also increase your risk for heart disease. In order to minimize the potential of receiving any of these diagnoses, it is important to monitor your weight and discuss concerns with your doctor.

### Eat Right

Feeding your body with a diet that is high in vitamins and antioxidants, low in trans and saturated fat, cholesterol, sugar and salt, will help your body and heart to stay healthy and strong. This is possible with a diet of fruits and vegetables, whole grains, low-fat dairy, egg whites, nuts and lean meats. Build a diet that heavily features vegetables and does not contain much processed or pre-prepared items to promote full-body health.

### Stay Active

The best way to maintain a healthy weight, minimize chronic conditions and reduce your overall risk for heart disease is to get moving. Just as exercising builds strong arm and leg muscles, you need to perform moderate-to-vigorous activity to build your heart's strength. The AHA recommends walking, running, swimming, biking, dancing, or any activity that gets your heart pumping, for at least 30 minutes each day, for 5 days each week. Sitting for long periods of time can also be damaging to your health, so staying active throughout the day is a great way to stay heart-healthy.

Whether you are looking to build a lifestyle that will maintain your good health, or planning a routine that manages and improves current conditions, make your heart's health a priority, today.

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**For more information or advice about heart health for 2018  
or to reach a Wellness Expert, contact eni by calling:**

**1.800.327.2255**