



Well-being@Work Newsletter

February 2019

## LOVE YOUR HEART



Did you know that your heart beats over 100,000 times per day? That's around a whopping 36,500,000 times per year! February is Heart Month so this month's newsletter is packed with tips and resources to help you give this amazing muscle the attention it deserves!



### [10 Amazing Facts About Your Heart](#)

Your heart is not only your most critical muscle (it does keep you alive after all!) but also the hardest working. It keeps working 24 hours a day, 7 days a week, 365 days a year. This article has 10 amazing heart facts that will maybe inspire to give your heart a little more love and care.

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## Habits That Are Bad For Your Heart

Not all habits that we have are good for our health including our heart. This slideshow provides 8 habits that your heart may want you to say goodbye to.



## This Month's Challenge: Healthy for Life

This month's challenge is focused around concepts from the American Heart Association's Healthy for Life Movement. You'll view information on how to eat smart, move more and be well and be quizzed on how much you know!



### WE ALL NEED A LITTLE MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need to be heart healthy, you need to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups and use this visual to help you.



### HEART HEALTHY RECIPES

After a couple months of indulging in all the delicious foods the holidays have to offer, you may be ready to back away from the sugar and heavy, rich meals, and opt for something a little more wholesome. So, when you're ready for a fresh start, consider picking from this list. It's a round-up of the most popular, healthy recipes from Wellmark's Blue Magazine in 2018.



### HUG IT OUT

Research suggests that hugs can deliver some real health benefits, from easing stress to lowering blood pressure. Here are four ways a warm embrace can be good for both your mind and body.

**For more health and well-being information, contact your Wellness Champion at your location.**

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