Is Too Much Sitting Putting Your Health at Risk?

The average American spends 13 hours a day sitting. We sit at work, we sit while driving to and from work, and we may sit for a few hours watching TV in the evening. We all know that prolonged sitting isn’t good for us, but just how much does it affect our health? Studies are showing that sitting for 6-8 hours or more can significantly increase your risk for chronic diseases like heart disease, diabetes, and cancer, even if you get the daily recommended amount of exercise. Studies also show that too much sitting can also lead to an early death! Prolonged sitting can even cancel the health benefits of the exercise that you do. While standing all day long isn’t the solution, there are things that you can do to lower your risk even if your job requires you to sit behind a desk all day. The key is to break up your sitting with movement throughout the day and exercise daily.

Ways to get moving:

⇒ Set an alarm to get up and move for every 30 minutes to an hour that you are sitting.
⇒ Stand up and stretch, do calf raises, squats or simply walk around your office every hour.
⇒ Sit on an exercise ball instead of a desk chair
⇒ Exercise while watching your favorite TV shows instead of sitting. Do pushups or crunches during commercial breaks.
⇒ Get an active hobby like tennis
⇒ Walk up and down the stairs throughout the day when at work
⇒ Stand up while talking on the phone
⇒ Use the restroom on a different floor when at work
⇒ Use your breaks to get moving!
⇒ Bottom line: Get up and do something!

Join the New Year, New You Challenge! Get help losing or maintaining your weight! The program will include weekly weigh-ins, education, wellness workshops, & guidance to help you achieve your healthy weight goals.

Register ASAP—The program starts Feb. 2nd, however we will keep registration open through Feb. 6th.

Register in Kelly Darbonne’s Office (Rec 212)
Program Runs Feb. 2nd-April 15th

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Upcoming Events:

• Feb. 2nd-New Year, New You Challenge starts!
• Feb. 3rd-Healthy Eating for a Healthy You talk-LaJeunesse Room—12-1pm
• Feb. 7th-Wear red in honor of the American Heart Assoc. Wear Red Day
• Feb. 10th-Exercise for a New You talk-LaJeunesse Room—12-1pm
• Feb. 11th—Stop by the Wellness Program table at the Alcohol Awareness Fair—McNeese Quad—10am-1pm
• Feb. 24th-Wellness workshop for New Year Challenge-12-1pm
• Ongoing exercise classes in the Rec!

Wellness to Go:

Get Your Blood Pressure checked, take a heart risk assessment & pick up heart healthy recipes!

Locations to be announced soon! Contact Kelly Darbonne if you would like blood pressure checks in your area.
Some sugars are naturally in fruits, vegetables, milk & grains.
Other sugars — the kind added to foods, drinks and condiments during processing — may increase heart disease risk.
A typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar.
Added sugar also sneaks into seemingly “better for you” beverages, such as sports drinks, fruit drinks and flavored milks.

**THE AMERICAN HEART ASSOCIATION RECOMMENDS**

Limiting added sugars to no more than 100 calories a day (6 teaspoons) for most women & no more than 150 calories a day (9 teaspoons) for most men.

**ADDED SUGAR SOURCES**

Sugar-sweetened beverages are the biggest source of added sugar in the American diet. Other sources are baked items (like cakes, muffins, cookies and pies), ice cream and candy.

**FIND IT**

Read food labels. Syrup, molasses, cane juice and fruit juice concentrate mean added sugar as well as most ingredients ending with the letters “ose” (like fructose & dextrose).

**REPLACE IT**

Drink sparkling water, unsweetened tea or sugar-free beverages.

Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
Cut back on the amount of sugar you add to things you eat or drink often.
Buy 100% juice with no added sugars.

Enhance foods with spices — try cinnamon, nutmeg or ginger.
Add fresh or dried fruit to cereal and oatmeal.

Eating and drinking a lot of added sugar is one probable cause of the obesity epidemic in the U.S. It's also linked to increased risks for high blood pressure, high cholesterol, diabetes and inflammation in the body.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/SIMPLECOOKING
PREVENTING HEART DISEASE BEGINS AT HOME, IN YOUR KITCHEN

Each year, one in three women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes. And the kitchen is a great place to start.

Go Red Por Tu Corazón is a bilingual movement to raise awareness of heart disease among Hispanic and Latina women. The focus is on making healthy eating choices for ourselves and those we love.

One of those choices should be having more meals at home. Cooking at home allows you to make healthier foods for you and your family—and save money!

For more recipes and information, plus a free red dress pin, visit GoRedCorazon.org or call 1-888-474-VIVE.

TRY THIS HEART-HEALTHY RECIPE FROM THE AMERICAN HEART ASSOCIATION.

BBQ Glazed Chicken Tenders and Oven Fries

4 servings ($2.17/serving)
Prep time: 20 minutes; cook time: 25 minutes

Barbecue Glazed Chicken

Cooking spray
1 pound boneless, skinless chicken tenderloins
1/2 cup barbecue sauce (lowest sodium available)
1/2 cup no-sugar added orange marmalade or grape jam/jelly

1. Trim visible fat from chicken and pat dry.
2. Spray skillet or frying pan with cooking spray and turn to medium-high heat. Add chicken to skillet, cook 4 minutes, flip chicken and cook an additional 3-4 minutes until no longer pink.
3. In a small bowl mix barbecue sauce and marmalade/jam/jelly. Microwave covered at 60% power for 40 seconds. Use a spoon to spread sauce evenly over chicken tenders.

Serving tip - cut the chicken into bite-size pieces and serve on whole-wheat tortillas for tangy chicken tacos!

Oven Fries

Cooking spray
3 medium baking potatoes
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/8 teaspoon pepper

1. Preheat oven to 400°F. Spray a nonstick cookie sheet with cooking spray.
2. Scrub potatoes (you can peel the potatoes if you don't like the skin) and cut into 1/8- to 1/4-inch strips. Arrange potatoes evenly in pan.
3. In a cup, combine garlic powder, paprika, and pepper. Sprinkle evenly over potatoes.
4. Bake for 25 minutes, or until potatoes are tender.

Nutrition Analysis (per serving)

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Dietary Exchanges

2 starch, 2 other carbohydrate, 3 lean meat

Recipe copyright © 2014 American Heart Association. This recipe is brought to you by the American Heart Association’s Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

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Source: www.heart.org
KNOW THE WARNING SIGNS OF A HEART ATTACK OR STROKE!

HEART ATTACK SYMPTOMS

- Pain that spreads from the shoulders, neck or arms
- Pressure
- Uncomfortable “fullness” in the chest
- Dizziness
- Nausea
- Shortness of breath
- Indigestion

Women may have all, none, many, or a few of the typical heart attack symptoms. For women, the most common heart attack symptom is still some type of pain, pressure or discomfort in the chest. But women are more likely than are men to also have heart attack symptoms without chest pain, such as:

- Neck, jaw, shoulder, upper back or abdominal discomfort
- Shortness of breath
- Nausea or vomiting
- Abdominal pain or “heartburn”
- Sweating
- Lightheadedness or dizziness
- Unusual or unexplained fatigue

Not all of these warning signs occur in every heart attack or stroke. If some start to occur, get help immediately. Heart attack and stroke are medical emergencies — CALL 9-1-1

SPOT A STROKE

F   A   S   T

FACE DROOPING
ARM WEAKNESS
SPEECH DIFFICULTY
TIME TO CALL 911

Stroke Warning Signs and Symptoms

Two Step To Save A Life:

#1 Call 9-1-1

#2 Start CPR if needed

Learn how to perform hands only CPR. Go to the following link to watch a short video:

http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp