

Take Time to Love Your Heart

Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths are caused by heart disease. The good news? It can often be prevented when people make healthy choices and manage their health conditions. The national Million Hearts® initiative is working to prevent one million heart attacks and strokes by 2017. How can you reduce your risk?

Know Your abcs



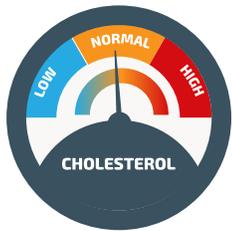
A: Aspirin

Talk to your healthcare provider and team to see if taking an aspirin each day is right for you.

B: Blood Pressure Control

High blood pressure is one of the leading causes of heart disease and stroke. One in three American adults has high blood pressure—that's about 70 million people. Unfortunately, less than half of people with high blood pressure have their condition under control. Work with your healthcare team to find out if you have high blood pressure. If you do, take steps to reduce it:

- ▶ Get active by exercising for at least 30 minutes most days of the week.
- ▶ Eat a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.
- ▶ Follow your healthcare provider's instructions when it comes to taking medicines or measuring your blood pressure at home.



C: Cholesterol

High cholesterol affects one in three American adults. Getting a simple blood test is the only way you can know if you have high cholesterol. Your doctor can suggest steps you can take to prevent high cholesterol or to reduce your levels if they are high.

S: Smoking

Cigarette smoking greatly increases your risk for heart disease. If you're a smoker, quit as soon as possible, and if you don't smoke, don't start. Learn more about HealthSmart's smoking cessation program by emailing wellness.coach@healthsmart.com or calling 800.469.4631, Ext. 2465.

Learn more about Million Hearts® and ways to protect your heart during February and throughout the year at millionhearts.hhs.gov.



Did You Know?

Heart disease and stroke causes one in three deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80% of cardiac and stroke events can be prevented with education and action. That's why this year we are asking that you wear red on National Wear Red Day® Friday, February 5, 2016 and encourage others to do the same.



Discover Your Inner Athlete with Interval Training

Are you ready to shake up your workout? Do you wish you could burn more calories without spending more time at the gym? Consider aerobic interval training. Once the domain of elite athletes, interval training has also become a powerful tool for the average exerciser.

What is interval training?

It's not as complicated as you might think. Interval training is simply alternating bursts of intense activity with intervals of lighter activity. For instance, if your exercise is walking—if you're in good shape, you might incorporate short bursts of jogging into your regular brisk walks. If you're less fit, you might alternate leisurely walking with periods of faster walking. For example, if you're walking outdoors, you could walk faster between certain mailboxes, trees or other landmarks.

What can interval training do for me?

Whether you're a novice exerciser or you've been exercising for years, interval training can help you jazz up your workout routine. Think about its rewards:

- ▶ You'll burn more calories. The more vigorously you exercise, the more calories you'll burn—even if you increase intensity for just a few minutes at a time.
- ▶ You'll improve your aerobic capacity. As your cardiovascular fitness improves, you'll be able to exercise longer or with more intensity. Imagine finishing your 60-minute walk in 45 minutes—or the additional calories you'll burn by keeping up the pace for the full 60 minutes.
- ▶ You'll keep boredom at bay. Turning up your intensity in short intervals can add variety to your exercise routine.

Does interval training have risks?

Interval training isn't appropriate for everyone. If you have a chronic health condition or haven't been exercising regularly, consult your doctor before trying any type of interval training. Recent studies suggest, however, that interval training can be used safely for short periods even in individuals with heart disease. 🔄 (Source: *Mayo Clinic*)

Recipe: Golden Baked Pork Cutlets

Makes: 4 servings | Active Time: 15 minutes | Total Time | 35 minutes

These quick breaded pork cutlets made with just a few ingredients are so delicious everyone will be wishing they helped make them. Cutting the super-low-fat pork tenderloin into long fillets makes it quick-cooking. Serve with a medley of steamed vegetables and a side of mashed potatoes for a healthy and comforting meal.

Ingredients

- 1 pound pork tenderloin, trimmed
- 1/2 cup dry breadcrumbs
- 1 teaspoon sugar
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 4 teaspoons canola oil
- 1 large egg white, lightly beaten
- 4 teaspoons cornstarch

Preparation

- Preheat oven to 400°F. Coat a rimmed baking sheet with cooking spray.
- Holding a chef's knife at a 45° angle and perpendicular to the tenderloin, slice the pork into 4 long, thin "fillets."
- Mix breadcrumbs, sugar, paprika, onion powder and salt in a shallow dish. Drizzle with oil and mash with a fork until the oil is thoroughly incorporated. Lightly beat egg white with a fork in another shallow dish. Sprinkle cornstarch over the pork slices and pat to coat evenly on both sides. Dip the pork into the egg, then press into the breading mixture until evenly coated on both sides. (Discard leftover mixture.)
- Place the pork on the prepared baking sheet. Bake until just barely pink in the center and an instant-read thermometer registers 145°F, 14 to 16 minutes.



Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs. Or use prepared coarse dry breadcrumbs. We like Ian's brand labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.

Nutrition Information per serving: 220 calories | 11 g fat | 376 mg sodium | 11 g carbohydrates | 1 g dietary fiber | 26 g protein

(Source: <http://recipes.millionhearts.hhs.gov/recipes/golden-baked-pork-cutlets>)