

WEALTH IN WELLNESS

FEBRUARY WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



FEBRUARY IS AMERICAN HEART MONTH

Because cardiovascular disease is the leading cause of death worldwide, it is important to maintain a healthy and strong heart. Incorporate the activities below into your everyday routine to create lasting, heart-healthy habits!

Exercise Regularly



Enhance your cardiovascular fitness by incorporating 150 minutes of moderate exercise each week.

Eat Well



Eat a diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats, while limiting added sugars and sodium.

Sleep Enough



Get 7-9 hours of rest each night to positively impact stress hormones, the immune system, and mental health.

Manage Stress



Use stress management techniques such as yoga or meditation, to reduce inflammation and blood pressure.

Hydrate Often



Limit caffeine, alcohol, and sugar-sweetened beverages, opting for a glass of fruit-flavored water instead.

PROTECT YOUR HEARTH THROUGH STRESS RELIEF

Experiencing chronic stress is known to increase blood pressure, which adversely impacts your cardiovascular health. Stress may also lead to unhealthy coping behaviors that increase the risk of damaging heart health, such as smoking, overeating, and decreasing physical activity. Collectively, these behaviors can negatively impact your heart and impair overall well-being.

Try these stress management techniques listed below to help control negative stress and avoid long-term harm to you and your heart:

- Establish goals that are reasonable to achieve
- Take three to five deep breaths whenever you feel overwhelmed
- Create “to-do” lists to stay on top of daily tasks and projects
- Move your body to release endorphins and other feel-good chemicals in the brain
- Make time to do something you enjoy every day

February 3rd
Wear Red Day!

Wear red to raise awareness about heart disease and help save lives.



February 14th
National Donor Day!

Learn more about becoming an organ donor at <https://www.donatelife.net/>

EAT YOUR WAY TO A HEALTHY HEART

Did you know that a healthy, balanced diet is one of the best ways to protect your heart? It boosts your energy while helping you achieve a healthy weight and optimal blood pressure and cholesterol levels. Check out these heart-healthy tips for eating well:



- Eat a variety of fruits and vegetables, in any form (fresh, frozen, canned, or dried) without high-calorie sauces or added salt or sugar
- Eat mostly fiber-rich whole grains (e.g., brown rice and oatmeal)
- Choose the leanest cuts of meat
- Eat fish at least twice a week, focusing on varieties that contain omega-3 fatty acids (e.g., salmon and trout)
- Incorporate heart-healthy fats in moderation (e.g. nuts and avocados)
- Limit the intake of saturated and trans-fat (e.g., butter, palm oil, and partially hydrogenated oils) and replace them with monounsaturated and polyunsaturated fat (e.g., olive oil and walnuts)
- Limit food and beverages with added sugars
- Choose low sodium foods and prepare meals with little or no salt
- If alcohol is consumed, drink in moderation

WHAT'S HAPPENING THIS MONTH?

MEET WITH A RETIREMENT ADVISOR

- Roth IRA representative, Ron Gloe, will be on site Feb 14th 9am-4pm. Contact Ron at 1-866-708-3894 or ron.gloe@securitiesamerica.com to make an appointment.
- Deferred Compensation representative, Gregg Sperber, will be on site Feb 15th and 16th 9am-4pm. Schedule an appointment online at <https://bit.ly/MonroeCoWI> or email questions to sperbg1@nationwide.com

VIRTUAL LEARNING TABLE

Attend one of our monthly 30-minute virtual "Learning Table" sessions to learn more about improving your health and well-being:

- February: Improving Heart Health
Thursday February 9th at 8:00am or
Thursday February 23rd at 3:30pm
- March: Managing Portion Sizes
Thursday March 9th at 8:00am or
Thursday March 23rd at 3:30pm



Join our Zoom Meeting:
<https://bit.ly/3Hr1Ztn>
Meeting ID: 872 7191 0533
Passcode: 690755



Don't forget to download your Bingo card!

Find our 2023 wellness resources at:
<https://www.co.monroe.wi.us/departments/personnel>