

# Wellness Connection

Love is patient,  
love is kind.  
It does not envy,  
it does not boast,  
it is not proud.  
It is not rude, it is  
not self-seeking,  
it is not easily  
angered, it keeps  
no record of  
wrongs. Love  
does not delight  
in evil but  
rejoices with the  
truth. It always  
protects, always  
trusts, always  
hopes, always  
perseveres.  
Love never fails.

-1 Corinthians 13:4-8

Blood pressure  
screenings are  
available in the  
Parish Health &  
Wellness office the  
weekends of  
February 11 & 12  
and 25 & 26.

Get your blood  
pressure checked  
after the Saturday  
worship service  
and on Sunday  
from 9:15 to 10:30.  
It's free and it's  
confidential.



## February is National Heart Month

### Heart Disease Fast Facts\*

Cardiovascular disease is the leading cause of death in the U.S. and Indiana.

Stroke is the 3rd leading cause of death in the U.S. and the 4th leading cause of death in Indiana.

Every 39 seconds an adult dies of heart attack, stroke, or other cardiovascular disease.

Nearly 68 million adults have high blood pressure; but about 1 in 2 doesn't have it under control.

71 million U.S. adults have high cholesterol; but 2 in 3 don't have it under control.

\*Source: [www.americanheart.org](http://www.americanheart.org)

### Lower Your Risk of Heart Disease and Stroke

#### Stay Active

Try to increase your physical activity to 30 minutes a day. Three 10-minute increments count. Think action, not just exercise. Standing is better than sitting, but moving is better than standing.

#### Eat Healthy

Healthy food habits can help control your cholesterol, blood pressure and body weight. all high risk factors for heart attack and stroke.

#### Quit Smoking

Smoking is the single most preventable cause of death in the United States. Constant exposure to second-hand smoke also increases your risk. The good news is that when you stop smoking- no matter how long or how much you've smoked. your risk of heart disease and stroke begins to drop.

#### Know Your Numbers

Knowing numbers like blood pressure, cholesterol levels, body fat and others is an important way to keep your heart healthy. Visit your doctor regularly and talk about these numbers.

**Check out the Parish Health and Wellness literature rack in the coat room hallway for more information on cardiovascular disease.**

## 4 Reasons You're Not Losing Weight

Article By: Lisa Jones, for Weight Watchers Magazine

If the scale isn't budging, you might want to consider these possibilities.

### 1. You need more sleep.

People who sleep less than 7 hours a night are more likely to gain weight than those who sleep more, according to a recent study published in the *American Journal of Epidemiology*. Sleep deprivation causes a cascade of physiological effects, including changes in the hormones that regulate hunger. "Regular exercise will help you fall asleep and improve your sleep quality," says the study's author Sanjay Patel, MD. So will the common-sense measures of avoiding alcohol, nicotine and caffeine close to bedtime, and keeping a regular schedule for getting to bed.

### 2. You're watching too much TV.

"Time spent watching television has been linked to increased weight gain and obesity," Patel says. In fact, a 2006 study published in the journal *Preventing Chronic Diseases* found that more than two hours of television watching per day was associated with a high body mass index (BMI) in men and women, which translates to being overweight or obese.

### 3. Your significant other isn't a healthy eater.

For better or for worse, your partner's eating habits greatly affect yours. University of Minnesota research showed that married couples share a similar BMI. The same environment and shared meals are the culprits, researchers found. One area to share and encourage one another in is exercise. A study at Indiana University showed that married couples who joined an exercise program together were 94% less likely to drop out after a year than those who joined separately.

### 4. You don't eat breakfast.

Eating breakfast will make you less likely to overeat throughout the day. Research from the National Weight Control Registry, which tracks Americans who have successfully lost weight in the long term, showed that nearly all of the 3,000 people, who had lost at least 30 pounds and kept it off for more than a year ate breakfast every morning.

## Our Hearts. Our Choice. Choose a BetterU.

**The American Heart Association offers Go Red BetterU.** It is a FREE 12-week online nutrition and fitness program that can makeover your heart. Each week will focus on a different area of your health and provide step-by-step guidance. You'll have access to everything from daily expert tips and an online journal to a downloadable coaching tool. The courses provide guidance to help transform your overall health from the inside out. You'll learn smart strategies and gain new information on improving and maintaining your health, along with the encouragement and advice of online coaches. Live longer and stronger by taking 12 weeks to invest in your health. Check out the website [www.goredforwomen.org](http://www.goredforwomen.org) to get started or for more information.



My Heart. My Life.™

**Trying to do it all?** Turns out, knowing that you *can't* have it all, the high powered job and lots of quality time alone, may be the key to peace of mind; according to research by the *American Sociological Association*. Working women who don't expect to get it all done are less likely to show symptoms of depression. Now you can lower your standards and get happier!

### Eat by the Numbers

"Stop eating when you're at a 5 or 6 on a scale of 1 to 10 (where 1 is famished and 10 is Thanksgiving full). When you stop at 5 or 6, chances are 20 minutes later, you'll feel like a 7 or 8. This could save you lots of calories per meal."

-Ellie Krieger, RD, host of Cooking Channel's *Healthy Appetite*