### February 2023

**City of Racine Wellness Calendar**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
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</tr>
</tbody>
</table>

**Notes**

*Wellness Bingo - February 1st - March 30th (Card submission** due no later than 3/31/2023)*

*Wellness Word Search - February 13th - March 17th (Card submission** due no later than 3/22/2023)*

**Each submission = 1 raffle ticket (raffle tickets will be used to pick winners for prizes at the end of the year - more tickets, more chances to win)**
FEBRUARY & MARCH MASHUP

**BINGO**

Once you get a BINGO, submit your card to HR for one (1) raffle ticket. One (1) BINGO per employee*.

Must take picture of at least two (2) of the activities you participate in.

February 1st - March 30th (submit to HR no later than 3/31)

<table>
<thead>
<tr>
<th>Listen To a Love Song</th>
<th>Find a Gold Coin, Real Or Fake</th>
<th>Eat Something Heart Shaped</th>
<th>Look For 4-Leaf Clovers</th>
<th>Receive Valentine’s Day Chocolates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a March Madness Bracket</td>
<td>Buy Flowers</td>
<td>Wear Green</td>
<td>Watch the Super Bowl</td>
<td>Eat 2 Green Fruits or Veggies</td>
</tr>
<tr>
<td>Try 3 New Fruits Or Veggies</td>
<td>List the Things You’re Lucky to Have</td>
<td>Drink a Shamrock Shake</td>
<td>Watch a Rom-Com</td>
<td></td>
</tr>
<tr>
<td>Drink 64 oz. of Water in a Day</td>
<td>Give Someone a Valentine’s Day Card</td>
<td>Attend a St. Patrick’s Day Parade</td>
<td>Go on a Winter Hike</td>
<td></td>
</tr>
<tr>
<td>Make a Valentine’s Day Card</td>
<td>Eat a Healthy Breakfast</td>
<td>Read a Love Story</td>
<td>Bake Something Green</td>
<td></td>
</tr>
</tbody>
</table>
| *Employee must be full-time and on the City’s health insurance to be entered into drawing

Send pictures to: Benefits@cityofracine.org
WELLNESS WORD SEARCH

FIND THE WORDS THAT ARE **BOLDED** BELOW.

Once you find all of the words and participate in at least 5 of the activities, submit this to HR for one (1) raffle ticket! One (1) Word Search per employee*. Must take a picture of at least two (2) of the activities you participate in. February 13 - March 17 (Submit into HR no later than 3/22/2023)

```
E W N K Y U R W M Q H O J O U
P S X C A E E E N R N W U Y E
I E P B T Z D G J T N C M T F
C L O A W I R M I T E I P E G
E B W I T G A U A G O Y I C W
R A S A P E R D Q I B S N C X
X T T E J F M Q C W M T G P D
H E U E E D F I V C U C J Q C
E G P X T P S A L A D S A C J
F E S U Q D R L D Y B W C P P
Z V K G S M D U B F J P K Z L
S T E P S H W F B W O U S S Y
V Q P P J O U L U V S I G Q S
S A I Q U A X P T M Z U M B V
L D N E D M M F S I E U Z Z G
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Eat 3 red **vegetables** in one day

Make a **salad**

Do 15 **push-ups**

**Meditate** for 10 minutes

Attend a **yoga** session

Do 10 **burpees**

Try a new healthy **recipe**

Drink 8 cups (64 ounces) of **water** in one day

Take 4,000 **steps** in one day

Do 20 **jumping jacks**

Send pictures to: Benefits@cityofracine.org

*Employee must be full-time and on the City’s health insurance to be entered into drawing*
CITY OF RACINE WELLNESS

Raffle Ticket

For each task you complete and submit, you will receive one (1) raffle ticket that will be placed in drawings at the end of the year.

More tickets = more chances to win!
PRODUCE OF THE MONTH

Dates

High in Fiber - benefits your digestive health

High in disease-fighting antioxidants - highest among most dried fruit

Natural sweetener - dates are a source of fructose, which is a natural type of sugar found in fruit

Dates help promote brain health - studies have shown that dates help with lowering inflammatory markers

Dates have the potential to promote natural labor during pregnancy

Recipes that incorporate dates - try them out!
Heart Health

What is high blood pressure?

High blood pressure (also called hypertension) means that the pressure in your arteries is higher than it should be. Blood pressure is measured in two numbers. The top number (systolic blood pressure) is the pressure when the heart is beating. The bottom number (diastolic) is the pressure when the heart is relaxed or resting between beats. A normal blood pressure is less than 120/80. There are several categories that blood pressure can be classified as:

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120 – 129</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130 – 139</td>
<td>80 – 89</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>90 OR HIGHER</td>
</tr>
<tr>
<td>HYPERTENSIVE CRISIS (consult your doctor immediately)</td>
<td>HIGHER THAN 180</td>
<td>HIGHER THAN 120</td>
</tr>
</tbody>
</table>

High blood pressure can be very dangerous because oftentimes, it has no signs or symptoms. This is why it’s important to have your blood pressure regularly checked by a healthcare provider. High blood pressure increases the risk of heart attack and stroke.

Risk factors for high blood pressure

There are several risk factors for high blood pressure that are considered unmodifiable that are related to who you are. They include:

- Family history: If you have a close blood relative, especially a parent, with high blood pressure, there is an increased chance that you will get it too.
- Age: Your risk of developing high blood pressure increases as you get older.
- Gender: Until age 64, men are more likely to develop high blood pressure. At the age of 65 and older, women are more likely to get high blood pressure.
- Race: African Americans tend to not only develop high blood pressure more than any other racial background in the United States, but to develop more severe disease as well.
- Chronic kidney disease: High blood pressure may develop as a result of having kidney disease.
There are also many risk factors for high blood pressure that are considered lifestyle risk factors that you can control. Examples include:

- Lack of physical activity: Not getting enough physical activity increases your risk of developing high blood pressure. For most people, aim to get at least 150 minutes per week of moderate-intensity physical activity such as brisk walking.
- An unhealthy diet, particularly one that is high in sodium: Good nutrition from a variety of sources is important for controlling your blood pressure and for your overall health.
- Being overweight or obese, particularly if you have extra weight around your midsection. Carrying extra weight puts extra strain on your heart.
- Drinking too much alcohol
- Obstructive sleep apnea
- High cholesterol: More than half of people with high blood pressure also have high cholesterol.
- Diabetes: Most people with diabetes also develop high blood pressure.
- Smoking and tobacco use
- Stress: Too much stress may contribute to increased blood pressure. It may also encourage behaviors that increase blood pressure, such as smoking, drinking alcohol and poor diet.

Understanding cholesterol

Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease. With high cholesterol, you can develop fatty deposits in your blood vessels. Eventually, these deposits grow, making it more difficult for enough blood to flow through your arteries. Sometimes, those deposits can break suddenly and form a clot, which causes a heart attack or stroke.

High cholesterol can be inherited, but it’s often the result of unhealthy lifestyle choices. This makes it both preventable and treatable. A healthy diet, regular exercise, and sometimes medication can help reduce high cholesterol. High cholesterol has no symptoms. A blood test is the only way to determine if you have it.

There are different types of cholesterol. Cholesterol is carried through your blood, attached to proteins. The combination of proteins and cholesterol is called a lipoprotein. Low-density lipoprotein (LDL) is considered the “bad” cholesterol. It transports cholesterol particles throughout your body and builds up in the walls of your arteries, making them hard and narrow. High-density lipoprotein (HDL) is considered the “good” cholesterol. It picks up excess cholesterol and takes it back to your liver. Triglycerides are also a type of fat (lipid) in your blood. Having a high level of triglycerides can also increase your risk of heart disease. If you regularly eat more calories than you burn, particularly from high-carbohydrate foods, you may have high triglycerides.

Behaviors that can negatively affect your cholesterol levels include:

- Unhealthy diet
- Lack of physical activity
- Smoking or exposure to tobacco smoke
- Being overweight or obese

What should my cholesterol levels be?

You should look beyond cholesterol levels alone. The best approach considers overall risk assessment and reduction. It’s important to know your numbers and work with your doctor to treat your risks. However, a general guideline is as follows:

- **LDL Cholesterol**: If you do not have heart disease and you are not at high risk for developing heart disease, the optimal number is less than 100mg/dL. If you do have heart disease, or a number of risk factors, your healthcare provider may want your LDL to be lower than 70mg/dL.
- **Triglycerides**: A normal level is less than 150. Borderline high between 150-199. High between 200-499. Very high if 500 or higher.
- **HDL Cholesterol**: The number that you want to be higher is for HDL. HDL goal for men is 40 or higher. HDL goal for women is 50 or higher. HDL of 60 or more is considered to be optimum and a protection against heart disease.

Sources: American Heart Association and Cleveland Clinic.
Walk for Your Heart Health

There are many personal benefits for walking including heart health, mental health and weight management. Walking may improve cardiovascular fitness, which can strengthen the heart muscles. When your heart is strengthened, it doesn’t have to work as hard to pump blood through your body.

First, determine how often you sit and how often you walk. A daily calendar or journal can help you identify the times of day. Fitness trackers can be a helpful tool that allows you to identify how many steps you have per day. Once you determine your current walking status, you can set goals to increase your number of steps, the length of time you are active, the level of intensity, or simply create a daily routine.

Finding the time to be active can be a barrier for some people. Developing a time management calendar can assist you in finding the best time for you. It can be important to identify what distracts you from completing tasks throughout the day which could free up some time. You could also identify what tasks you could complete while walking or become aware of where you can increase your steps throughout your day. Be sure to make a plan for it and stick with the routine.

Below is a list of ideas to increase your steps throughout the day:

• Morning, lunch or evening walk. Have someone join you whether it’s your spouse, child, or a dog. Maybe if you don’t have a dog, your neighbor might have a dog that you could ask to walk.
• Park further away when you are at the store or simply walk around the store multiple times to increase your steps.
• Take the stairs rather than the elevator.
• Set a timer throughout the day as a reminder to move around.
• Engage in chores around the house that allows you to get more steps such as take out the garbage, clean more, vacuum, shovel if there is snow (be aware of the safety precautions) or use a push lawn mower.
Checklist for a Healthy Heart

- 150 minutes/week of moderate-intensity physical activity. Mix it up! Brisk walking, hiking, stair climbing, bicycling, swimming and yoga are great examples.
- Schedule regular visits with your healthcare provider.
- Know your cholesterol levels and blood pressure numbers.
- Manage your stress. Exercise, meditate, or schedule time to relax with your loved ones.
- Sleep 6-9 hours per night. Limit distractions such as screen time prior to sleeping.
- Quit smoking. For support and additional information in regards to quitting, call 1-800-QUIT-NOW.
- Control your portion sizes. How much you eat is just as important as what you eat. Visit www.myplate.gov for additional information about healthy portions.
- Work on losing weight if you are overweight or obese.
- Choose 100% whole grains for your bread and pasta. Use steel-cut or regular, unsweetened oatmeal.
- Limit unhealthy saturated and trans fats, which are found in foods such as butter, margarine, fatty beef, and cream sauces.
- Choose healthy fats in moderation, such as olive oil, vegetable and nut oils, nuts, seeds, flaxseed and avocados.
- Eat at least 5 servings (about 2.5 cups) of fruits and vegetables daily. Produce that seems to offer the greatest benefits include: apples, pears, oranges and other citrus fruits, green leafy vegetables such as spinach and kale, cruciferous vegetables such as broccoli, cauliflower and cabbage, and green and yellow vegetables such as green beans, carrots and peppers.
- Choose proteins such as low or reduced fat dairy products, fish such as salmon, skinless poultry and beans.
- Limit sodium intake. The American Heart Association recommends that most adults ideally have no more than 1500mg/day.
- Stop drinking your calories. Limit beverages such as sugary sodas and increase your water intake.
- Limit your alcohol intake. For women this means no more than one drink per day. For men this means no more than two drinks per day.
- Follow directions for prescription medication. Particularly if you are being treated for high blood pressure or high cholesterol, take your medication as instructed by your healthcare provider.
- Get familiar with your family history of heart disease and discuss this with your doctor.
What is it?
Edamame is a young soybean that has been harvested before the bean has a chance to harden. Edamame is picked before the bean is fully ripe because at this stage, they are soft and sweet and not hard and dry like mature soybeans. Edamame is classified as a legume. Legumes contain seed pods that split into two halves and include beans, peas, lentils and soybeans.

What do I do with it?
Edamame is most commonly found in the freezer section in many grocery stores. You can find them shelled or in the pods, both are already cooked and ready to be thawed and eaten.

You can keep a bag of edamame in the freezer to eat as a snack or to add to a variety of recipes. Try adding edamame to casseroles, soups, stews, salads and rice or noodle dishes.

To eat cooked edamame pods, squeeze the edge of the pod between your thumb and forefinger. This will allow the whole bean to pop out of the pod into your mouth; you can then discard the empty pods.

Why would I eat it?
Edamame contains beneficial antioxidants, which function as a barrier against the damaging effects of free radicals in our bodies. Edamame is also an excellent source of fiber, protein and a variety of vitamins and minerals. Edamame is low in fat and is naturally cholesterol just like other plant-based foods. A half cup serving of shelled edamame provides approximately 100 calories, 3.5 grams of fat, 8 grams of carbohydrates, 6 grams of fiber and 10 grams of protein.
Edamame and Pasta with Feta

INGREDIENTS
• 4 ounces uncooked whole-grain pasta
• 8 ounces frozen shelled edamame
• 1 ½ cups sweet grape tomatoes, quartered
• 16 pitted kalamata olives, coarsely chopped
• 2 teaspoons dried basil leaves
• ½ teaspoon dried rosemary leaves, crumbled (optional)
• 1 medium garlic clove, minced
• ⅛ teaspoon dried red pepper flakes (optional)
• 1 medium lemon, halved (optional)
• 2 ounces crumbled reduced-fat feta

PREPARATION
1. Cook the pasta according to the package directions, omitting any salt or fats and adding the edamame during the last 2 minutes of cooking time.
2. In a small bowl, combine the tomatoes, olives, basil, rosemary (optional), garlic and pepper flakes. Toss to blend and set aside.
3. Drain the pasta and edamame in a colander, place on a serving platter or pasta bowl, squeeze lemon over all, top with feta and mound the tomato mixture in the center.

Recipe from: American Diabetes Association
Consequences of High Blood Pressure

High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:

- **STROKE**: HBP can cause blood vessels in the brain to burst or clog more easily.
- **VISION LOSS**: HBP can strain the vessels in the eyes.
- **HEART FAILURE**: HBP can cause the heart to enlarge and fail to supply blood to the body.
- **HEART ATTACK**: HBP damages arteries that can become blocked.
- **KIDNEY DISEASE/FAILURE**: HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.
- **SEXUAL DYSFUNCTION**: This can be erectile dysfunction in men or lower libido in women.

A simple blood pressure check is the first step to preventing the “domino effect.” Learn more at heart.org/hbp.
HOW TO CONTROL CHOLESTEROL

1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: FOOD and BODY. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).

HDL = GOOD
High-density lipoprotein is known as "good" cholesterol.

LDL = BAD
Low-density lipoprotein is known as “bad” cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke. heart.org/Atherosclerosis

TRIGLYCERIDES
The most common type of fat in the body.

TOTAL CHOLESTEROL
HDL + LDL + 1/5th of triglyceride level = total cholesterol level.

2 TRACK LEVELS

A health care provider can measure blood cholesterol and help you understand what the levels mean. Track your cholesterol levels over time and take steps to reduce high cholesterol.

3 TIPS FOR SUCCESS

EAT SMART
Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils. heart.org/EatSmart

MOVE MORE
Physical activity helps improve cholesterol levels. heart.org/MoveMore

KNOW YOUR FATS
The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. heart.org/Fats

DON'T SMOKE
Smoking lowers good HDL cholesterol and raises your risk of heart disease. heart.org/Tobacco

TAKE MEDICATION AS DIRECTED
Your doctor may prescribe statins or other medications to control your cholesterol levels.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/CHOLESTEROL
These key factors can help you live a longer, healthier life and reduce your risk of heart disease and stroke. They’re part of an overall healthy lifestyle and prevention approach you can build with your health care team (doctors, nurses, pharmacists and other professionals).

1. **Know your risk**
   - If you’re 40-75 years old and have never had a heart attack or stroke, use our Check. Change. Control. Calculator™ to estimate your risk of a cardiovascular event in the next 10 years.
   - Certain factors can increase your risk, such as smoking, kidney disease or family history. Many risk factors can be improved with lifestyle changes.

2. **Eat a healthy diet**
   - Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, plant-based proteins, lean animal proteins and fish.
   - Limit sweetened drinks, refined carbohydrates, added sugars, processed meats, sodium and saturated fats. Avoid trans fat.

3. **Be physically active**
   - Adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week.
   - If you’re already active, increase your intensity for more benefits.
   - If you’re not active now, get started by sitting less and moving more.

4. **Watch your weight**
   - If you’re overweight, lose weight by eating fewer calories and moving more.
   - Check your body mass index (BMI) online or talk to your team about a healthy weight for you.
5. Live tobacco-free
- Don’t smoke, vape or use tobacco products.
- If you don’t think you can quit for good on your own, ask for help.
- Avoid secondhand smoke, too.

6. Manage conditions
- Work closely with your health care team if you have high blood pressure (hypertension), high cholesterol, diabetes or other conditions that put you at greater risk.
- Many conditions can be prevented or managed by eating better, getting active, losing weight and not smoking.

7. Take your medicine
- Your doctor may prescribe statins or other medications to help control blood sugar, cholesterol, and blood pressure. Take all medications as directed.
- Don’t take daily aspirin unless your doctor tells you to.

8. Be a team player
- Your health care team can help you build a prevention plan that works for you.
- Make decisions together. Ask questions.
- Talk about challenges in your life that may affect your health – like stress, sleep, mental health, family situations, tobacco use, food access, social support and more.

Take charge of your health. Start today at heart.org/prevention.
February is American Heart Month

A time to pay special attention to understanding, preventing and treating heart disease – the leading cause of death in the nation.

- Cardiovascular disease (CVD), listed as the underlying cause of death, accounted for 874,613 deaths in the United States in 2019.
- Approximately every 40 seconds, someone in the United States will have a myocardial infarction.

Participate in February wellness activities

- **Friday, February 3:** Wear red on National Wear Red Day® to bring greater attention to heart disease as a leading cause of death for Americans OR **Tuesday, February 14.** Take a picture of your red shirt, yourself or a coworker’s team.
- **Give yourself a flower** and write a note of an affirmation about yourself (i.e.,: I am brave, I am worthy, I am strong) OR give a flower to a coworker/coworkers and write an appreciation note. Take a picture of it.

Post your pictures around your workplace to promote!
Eat 3 green **vegetables** in one day

Make **salad**

Do 15 **push-ups**

**Meditate** for 10 minutes

Attend a **yoga** session

Do 10 **burpees**

Try a new healthy **recipe**

Drink 8 cups (64 ounces) of **water** in one day

Take 4,000 **steps** in one day

Do 20 **jumping jacks**