



Celebrate Heart Health

Heart disease is the leading cause of death for men and women in the United States. The good news is heart disease can often be prevented when you make healthy choices and manage your health conditions.

This month, celebrate heart health by choosing a habit (or all 5) to add to your life for a happy heart:

- **Eat to your heart’s content** – 50% fruits and vegetables, 25% lean proteins, 25% whole grains.
- **Move that body** – 150 minutes a week of exercise is all you need!
- **Aim to lose** – Get and keep your BMI (body mass index) to less than 25.
- **Watch the pressure** – Maintain a healthy blood pressure: 120/80 or lower is ideal.
- **Break up with a bad habit** - If you smoke, quit. Your heart will thank you!

You can greatly reduce your risk of heart disease — or slow its progress — by taking prevention to heart.

Upcoming Clinics

You can find out if your heart is healthy by attending one of the Live Better Louisiana wellness clinics. Below is a schedule of clinics scheduled for the month of February. To sign up for one of these clinics, or to search for a date that works better for you, click here www.timeconfirm.com/ogb.

Live Better Louisiana Clinics	
Date	Location
02/09/2015	Bienville Building (Baton Rouge)
02/10/2015	Bienville Building (Baton Rouge)
02/11/2015	Central Louisiana State Hospital (Pineville)
02/12/2015	Central Louisiana State Hospital (Pineville)
02/13/2015	Evangeline Parish School Board - Basile HS (Basile)
02/20/2015	Evangeline Parish School Board - Central Office (Ville Platte) DOC Headquarters (Baton Rouge)
02/23/2015	DOTD District 05 (Monroe) Probation and Parole (Shreveport) DOC Headquarters (Baton Rouge) Department of Wildlife and Fisheries (New Orleans)
02/24/2015	SW LA Veterans Home (Jennings) DOTD District 05 (Monroe) Bossier Parish Community College (Bossier City)
02/25/2015	DOTD District 08 (Alexandria) McNeese State University

	Bossier Parish Community College (Bossier City) Probation and Parole (Baton Rouge)
02/26/2015	VFMC (Jackson) Jefferson Parish School Board (Harvey) McNeese State University Jefferson Parish School Board (Harvey) Bossier Parish Community College (Bossier City) Probation and Parole - (Amite)
02/27/2015	VFMC (Jackson) Jefferson Parish School Board (Harvey) McNeese State University Probation and Parole (Monroe) Bossier Parish Community College (Bossier City)
02/28/2015	Jefferson Parish School Board (Harvey)

Step Away From Your Desk

Many of us make a resolution every year to add more exercise to our daily routines, but it's easier said than done. Finding time to exercise can be a challenge when you are trying to juggle work and family time. Here are a few tips that can help you add more activity to your workday:

- **Stand up and work** – Standing burns more calories than sitting does. Look for ways to get out of your chair. Stand while talking on the phone. Skip email and walk to a colleague's desk for a face-to-face chat.
- **Take fitness breaks** – Instead of hanging out in the break room with a coffee or snack, take a brisk walk or do some light stretching.
- **Join forces** – Organize a lunchtime walking group. You can hold each other accountable for regular exercise and offer encouragement to one another when the going gets tough.
- **Conduct meetings on the go** – When it's practical, schedule walking meetings or walking brainstorming sessions. Do laps inside your building or if the weather cooperates, take your walking meetings outdoors.
- **Treat elevators as the enemy** – Unless you work at the top of a 40-story building, skip the elevator and take the stairs.

Eating Heart Healthy

A healthy diet and lifestyle are your best weapons to fight heart disease. At first, it may seem difficult to say goodbye old habits, but you don't have to make these changes all at once. Over time, making a number of small changes can add up to a big difference in your heart health. The keys to having a heart healthy diet are:

- Eat more fruits, vegetable, whole grains, and other high fiber foods
- Choose foods that are low in saturated fat, trans fat, and cholesterol
- Limit salt intake
- Eat more foods high in omega-3 fatty acids, such as fish
- Limit drinks and foods with added sugar

For more tips on healthy eating, heart-smart shopping and heart-healthy recipes, visit the [American Heart Association's Nutrition Center](#).

For more information, visit us at www.bcbsla.com/ogb

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