

# *Industrial Insurance Agency*

## *August 21st, 2012 TIPS FOR TUESDAY*<sup>TM</sup>

### **No Time for Exercise? Try Our Top 10 Tips to Get More!**

Walking, swimming, cycling, jogging, skiing, aerobic dancing or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles.

Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. Take the first step by walking. It's free, easy to do and when you have a walking companion, you're more likely to stay motivated. Visit [StartWalkingNow.org](http://StartWalkingNow.org) to find American Heart Association-designated Start! Walking Paths, personalized walking plans, an online community of walkers and more!

### **Here are some tips for exercise success:**

#### **Dress for success**

Wear comfortable clothes and sneakers or flat shoes with laces.

Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.

#### **Make the time**

Start slowly. Gradually build up to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends).

Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday, Friday and Saturday from noon to 12:30 p.m.

Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.

#### **Keep reasonable expectations of yourself**

If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.

Look for chances to be more active during the day. Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity.

Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace.

Don't exercise right after meals, when it's very hot or humid, or when you just don't feel up to it.

#### **Make it fun!**

Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.

Ask family and friends to join you — you'll be more likely to stick with it if you have company. Or join an exercise group, health club or the YMCA. Many churches and senior centers offer exercise programs too. (Remember to get your doctor's permission first.)

Use variety to keep your interest up. Walk one day, swim the next, then go for a bike ride on the weekend.

Use music to keep you entertained.

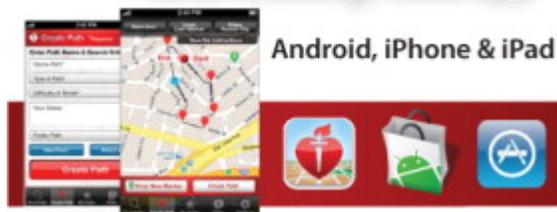
#### **Track and celebrate your success!**

Note your activities on a calendar or in a logbook. Write down the distance or length of time of your activity and how you feel after each session.

Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

Visit [StartWalkingNow.org](http://StartWalkingNow.org) to find all the resources you need to get moving and stay motivated.

## NEW! Walking Paths App



Now you can create, find and track Walking Paths anytime, anywhere with the American Heart Association Walking Paths App for iPhone and Android. Use the apps and other free tools to get you started and keep you motivated. Visit [StartWalkingNow.org](http://StartWalkingNow.org) today!

### Asian Chicken and Vegetable Stew

With this easy recipe, you can make a healthy entrée that has that great take-out flavor—and in next to no time at all. Another time, leave out the chicken and you'll have a first-course or side soup.

#### Ingredients

1 teaspoon toasted sesame oil  
1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 3/4-inch cubes  
1 14-ounce can fat-free, low-sodium chicken broth  
1 8-ounce can bamboo shoots, rinsed and drained  
4 ounces (about 1 cup) fresh snow peas, trimmed  
1/3 cup water and 1 tablespoon water, divided use  
4 medium green onions, sliced  
3 tablespoons plain rice vinegar  
2 tablespoons soy sauce (lowest sodium available)  
1 tablespoon coarsely chopped peeled gingerroot  
1 teaspoon light brown sugar  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon pepper  
1 tablespoon cornstarch

#### Cooking Instructions

- Heat a large nonstick saucepan over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the chicken for 6 to 8 minutes, or until no longer pink in the center, stirring frequently.
- Stir in the broth, bamboo shoots, snow peas, 1/3 cup water, green onions, vinegar, soy sauce, gingerroot, brown sugar, red pepper flakes, and pepper. Bring to a boil over high heat, stirring occasionally. Reduce the heat and simmer for 6 to 8 minutes, stirring occasionally.
- Put the cornstarch in a cup. Add the remaining 1 tablespoon water, stirring to dissolve. Stir into the soup. Increase the heat to medium high and bring to a boil. Boil for 1 to 2 minutes, or until thickened, stirring occasionally.

### Preventing Heart Disease at Any Age

#### All Age Groups

No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

**Choose a healthy eating plan.** The food you eat can decrease your risk of heart disease and [stroke](#). Choose foods low in [saturated fat](#), [trans fat](#), [cholesterol](#), [sodium](#) and [added sugars and sweeteners](#). As part of a healthy diet, [eat plenty of fruits and vegetables](#), [fiber-rich whole grains](#), [fish](#) (preferably oily fish -- at least twice per week), nuts, legumes and seeds. Also try eating some [meals without meat](#). Select fat-free and low-fat dairy products and lean meats and poultry (skinless). Limit sugar-sweetened beverages.

**Be physically active.** You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (like brisk walking) every week or an hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (such as jogging or running) or a combination of both every week. Additionally, on two or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders and arms).

### **In Your 20s**

Getting smart about your heart early on puts you far ahead of the curve. The things you do — and don't — are a tell-tale sign of how long and how well you're going to live, said Richard Stein, M.D. "There's no one I know who said: 'I felt better being sedentary. I felt better eating a terrible diet,'" said Stein, a cardiologist and professor of medicine at New York University School of Medicine. "All these things actually make you feel better while they help you."

**Find a doctor and have regular wellness exams.** Healthy people need doctors, too. Establishing a relationship with a physician means you can start [heart-health screenings](#) now. Talk to your doctor about your diet, lifestyle and checking your [blood pressure](#), [cholesterol](#), [heart rate](#), [body mass index](#) and [waist circumference](#). You may also need your blood sugar checked if you are pregnant, overweight or have [diabetes](#). Knowing where your [numbers](#) stand early makes it easier to spot a possible change in the future.

**Be physically active.** It's a lot easier to be active and stay active if you start at a young age. "If you're accustomed to physical activity, you'll sustain it," Dr. Stein said. Keep your workout routine interesting by mixing it up and finding new motivators.

**Don't smoke and avoid secondhand smoke.** If you picked up smoking as a teen, it's time to [quit smoking](#). Even exposure to secondhand smoke poses a serious health hazard. Nonsmokers are up to 30 percent more likely to develop heart disease or lung cancer from secondhand smoke exposure at home or work, according to a U.S. Surgeon General report.

### **In Your 30s**

Juggling family and career leaves many adults with little time to worry about their hearts. Here are some ways to balance all three.

**Make heart-healthy living a family affair.** Create and sustain heart-healthy habits in your kids and you'll reap the benefits, too. Spend less time on the couch and more time on the move. Explore a nearby park on foot or bike. Shoot some hoops or walk the dog. Plant a vegetable and fruit garden together in the yard, and invite your kids into the kitchen to help cook.

**Know your [family history](#).** Shake your [family tree](#) to learn about heart health. Having a relative with heart disease increases your risk, especially if the relative is a parent or sibling. That means you need to focus on risk factors you can control by [maintaining a healthy weight](#), exercising regularly, not smoking and eating right. Also, keep your doctor informed about any heart problems you learn about in your family.

**Tame your stress.** Long-term stress causes an increase in [heart rate](#) and blood pressure that may damage the artery walls. Learning [stress management techniques](#) benefits your body and your quality of life. Try deep breathing exercises and find time each day to do something you enjoy. Giving back through volunteering also does wonders for knocking out stress.

### **In Your 40s**

If heart health hasn't been a priority, don't worry. Healthy choices you make now can strengthen your heart for the long haul. Understand why you need to make lifestyle changes and have the confidence to make them. Then, tackle them one at a time. "Each success makes you more confident to take on the next one," said Dr. Stein, who is also an American Heart Association volunteer.

**Watch your weight.** In your 40s, your metabolism starts slowing down. But you can avoid weight gain by following a heart-healthy diet and getting plenty of exercise. The trick is to find a workout routine you enjoy. If you need motivation to [get moving](#), find a workout buddy or join [American Heart Association Walking Paths and Walking Clubs](#).

**Have your blood sugar level checked.** In addition to blood pressure checks and other [heart-health screenings](#), you should have a fasting blood glucose test by the time you're 45. This first test serves as a baseline for future tests, which you should have every three years. Testing may be done earlier or more often if you are overweight, diabetic or at risk for becoming diabetic.

**Don't brush off snoring.** Listen to your sleeping partner's complaints about your snoring. One in five adults has at least mild [sleep apnea](#), a condition that causes pauses in breathing during sleep. If not properly treated, sleep apnea can contribute to high blood pressure, heart disease and stroke.

#### **In Your 50s**

Unlike the emergence of wrinkles and gray hair, what you can't see as you get older is the impact aging has on your heart. So starting in the 50s, you need to take extra steps.

**Eat a healthy diet.** It's easy to slip into some unhealthy eating habits, so refresh your eating habits [eating plenty of fruits and vegetables](#), [fiber-rich whole grains](#), [fish](#) (preferably oily fish-at least twice per week), nuts, legumes and seeds and try eating some [meals without meat](#).

**Learn the [warning signs of a heart attack and stroke](#).** Now is the time to get savvy about symptoms. Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. And [heart attack symptoms in women](#) can be different than men.

**Follow your treatment plan.** By now, you may have been diagnosed with [high blood pressure](#), [high cholesterol](#), [diabetes](#) or other [conditions](#) that increase your risk for heart disease or stroke. Lower your risk by following your prescribed treatment plan, including medications and lifestyle and diet changes.

#### **In Your 60s+**

With age comes an increased risk for heart disease. Your blood pressure, cholesterol and other heart-related numbers tend to rise. Watching your numbers closely and managing any health problems that arise — along with the requisite healthy eating and exercise — can help you live longer and better.

**Have an [ankle-brachial index test](#).** Starting in your 60s, an ankle-brachial index test should be done every one to two years as part of a physical exam. The test assesses the pulses in the feet to help diagnose [peripheral artery disease](#) (PAD), a lesser-known cardiovascular disease in which plaque builds up in the leg arteries.

**Watch your weight.** Your body burns fewer calories as you get older. Excess weight causes your heart to work harder and increases the risk for heart disease, high blood pressure, diabetes and high cholesterol. Exercising regularly and eating smaller portions of nutrient-rich foods may help you maintain a healthy weight.

**Learn the [warning signs of a heart attack and stroke](#).** [Heart attack symptoms in women](#) can be different than men. Knowing when you're having a heart attack or stroke means you're more likely to get immediate help. Quick treatment can save your life and prevent serious disability.



**Industrial Insurance Agency**  
1632 Colonial Parkway  
Inverness, IL 60067  
(847) 705-6600

[info@webiia.com](mailto:info@webiia.com)