



# LIFE at LIFT

## WELLNESS CENTER

February 2015

[www.liftjackson.com](http://www.liftjackson.com)

### February is known as National Heart Month

Paper hearts, flowers and chocolates are symbols we know that are all associated with Heart Month or Valentine's Day. But it's also known as the month to focus on our heart health and awareness.

- ♥ About 600,000 people die of heart disease in the United States every year—that's **1 in every 4 deaths**.
- ♥ In the United States, someone has a heart attack **every 34 seconds**. Each minute, someone in the United States dies from a heart disease-related event.
- ♥ Heart disease is the **leading cause of death** for both men and women.
- ♥ Coronary heart disease is the most common type of heart disease, killing more than **385,000** people annually.
- ♥ High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. **49% of Americans** have at least one of these three risk factors.

#### Here are some tips to protect your heart:

- ♥ Follow your doctor's instructions and stay on your medications.
- ♥ Eat a healthy diet that is low in salt; low in total fat, saturated fat, and cholesterol; and rich in fresh fruits and vegetables.
- ♥ The AHA recommends 30 minutes of moderate exercise per day, five days a week. Three 10-minute sessions during the day are almost as beneficial as a half-hour session. To reap the benefits associated with exercise—improved blood circulation, better cholesterol levels, lowered blood pressure, and reduced risk of heart disease—that's 30 minutes worth taking.
- ♥ Don't smoke. If you smoke, quit as soon as possible. Attend a Tobacco Cessation Course at LIFT, in February, if you are interested in learning more about quitting.

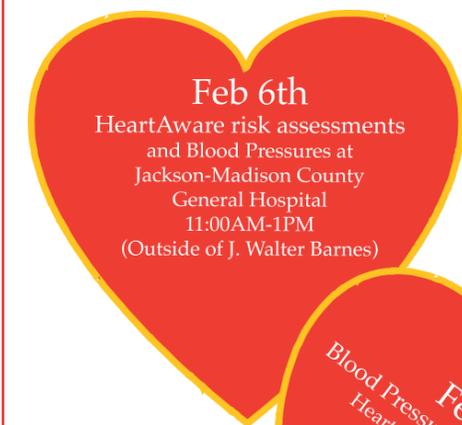
A sedentary (inactive) lifestyle is one of the top risk factors for heart disease. Physical inactivity has been responsible for more than 10-20% of heart attacks around the world after accounting for other cardiovascular risk factors including tobacco use, elevated blood pressure and high cholesterol.

**Did you know** that two hours of television/screen time per day is associated with an increased risk for diabetes, heart disease and death? Fortunately, it's a risk factor you can do something about!

—Melissa Walls, RN Director of Disease Management

**This Valentine's Day**, treat yourself to a free heart risk assessment, called Heartaware. If found to be at risk, you will receive free lab work and a consultation with a Registered Nurse specializing in heart disease.

LIFT Disease Management will offer several days in February that you can get a free blood pressure check and take the Heartaware risk assessment.



**Feb 6th**  
HeartAware risk assessments and Blood Pressures at Jackson-Madison County General Hospital 11:00AM-1PM (Outside of J. Walter Barnes)



**Feb 10th**  
Blood Pressure Talk—by Sara Keen  
HeartAware Risk assessment and Blood Pressures at Lift Education Suite 6PM

## Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		10 Valentine's Dance-a-thon 5:30-7:30pm/Blood Pressure Talk @ 6pm	11	12 5 National Wear Red Day	13	14 Mission Slimpossible weigh-in 10:00am
15	16	17	18	19 Community Walk Sponsored by the Heart Center @ 11:45am/ Bring a Buddy Day	20	21
22	23	24 Let's Talk Cholesterol at 6 pm	25	26 Heart Healthy Food Demo 5-7pm	27	28 Mission: slimPOSSIBLE 1st Challenge

For more information about our classes and events, visit us at [liftjackson.com](http://liftjackson.com) and click our Community Calendar for details.

**Nutrition:**  
**Need an Idea for Valentine's Day?**  
**Instead of indulging in cakes and candies give your sweetheart a heart healthy gift or date**



1. Rather than tempting your beloved with chocolates, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper for a handmade Valentine.
2. Quality time is one of the most meaningful gifts. Plan an activity together
3. If your children are having

a Valentine's Day party at their school or day care, instead of sending candies, consider mini-boxes of raisins, mini-bags of pretzels, pencils or stickers as tokens of their friendly affection.

4. Still craving something sweet? Send a fruit basket to your loved one that has natural sugar as well as healthy nutrients instead of sending sweets with added sugars.
5. Spice it up – add some spice with some fresh hot peppers. Remove the membrane and seeds first, then finely chop them up. A little goes a long way.
6. Sharing is caring – if you do go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
7. Don't forget to love Fido, too! Give your pet a Valentine and remember to walk or exercise them daily—getting active will benefit your health and your bond with your pets.
8. Take it slow – if you were gifted a luxurious box of chocolates from your sweetie stick it in the fridge or freezer and enjoy in moderation over several weeks

9. Still seeing hearts? You've seen hearts all month long; look for them at the grocery store and select products with the heart-check mark. These items are low in saturated fat and cholesterol.

-Nicole Hancock, LIFT Dietitian

**Feb 12th**  
 Blood Pressure Talk-by Sara Keen  
 11:30 am-12 PM

**Feb 13th**  
 HeartAware risk assessments  
 and Blood Pressures 11-1  
 at Kroger Lynnwood

**Feb 20th**  
 HeartAware risk assessment  
 and Blood Pressure 11am-1pm  
 (site to be determined...possibly Sam's)

**What the Fit?!?**

**Heart disease accounts for 40% of all U.S. deaths, more than all forms of cancer combined.**

*What if you found a pill that would:*

- ♥ Increase both the span and quality of your life
- ♥ Cut in half your risk for heart disease, diabetes, osteoporosis
- ♥ Alleviate mental anxiety and depression
- ♥ Increase muscle tone and heart function
- ♥ Decrease your blood pressure
- ♥ Increase your immunity
- ♥ Increase your mental clarity (which, of course, makes you smarter)
- ♥ Increase your stamina
- ♥ Increase your body's ability to metabolize cell-damaging stress hormones
- ♥ Increase overall productivity and decrease overall medical costs for you and your employees?

How much would you be willing to invest in such a pill? What if the investment were time and not money?

*What would this magical pill be? Exercise!*

The Healthy Hearts program here at LIFT is beneficial for people of all ages. It is a supervised program that helps improve the health and well-being of people who have heart problems. Whether you are recovering from a heart attack, heart surgery, or trying to prevent a future event this program will help you adopt a healthy lifestyle through exercise and improve your quality of life. Programs are designed especially for you and your needs, blood pressure is checked every time you come in, and Matt is there along the way to help any way he can.

If you have a family member or friend who you think could benefit from this program send them to Matt for more information or grab a Healthy Hearts brochure and have your physician fill out the information.

-Kent Schott, ATC/L, CWT, YCSAS, Fitness Manager

**GroupX Highlight- Penny Williams**

This month's highlight is our Group Exercise Instructor, Penny Williams. Penny teaches a variety of classes. She leads our Young at Heart program with Muscle Toning and Strengthening classes, yoga, Tia Chi, and Gentle Yoga. Penny is always so smiley and has the most infectious warm attitude! We love having her here at LIFT!

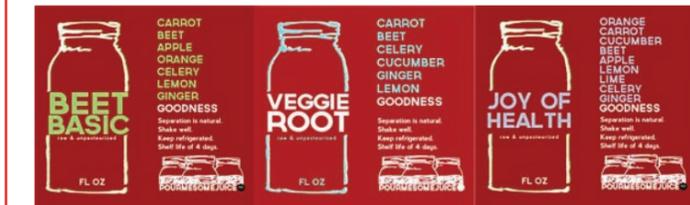


**Feb 24th**  
 Let's Talk Cholesterol  
 by Nicole Hancock  
 Registered Dietitian  
 at 6:00 pm LIFT Education Suite

**Feb 26th**  
 Let's Talk Cholesterol  
 by Nicole Hancock,  
 Registered Dietitian at 11:30 pm  
 Jackson-Madison County  
 General Hospital

**Feb 26th**  
 Heart Month Food Demo  
 / Speaker 5-7 pm at Lift-HeartAware  
 to speak on Heart Month in honor of  
 February being Heart Month

**Feb 27th**  
 HeartAware risk assessments  
 and Blood Pressures 11am-1pm  
 (Jackson-Madison County General Hospital  
 cafeteria near the escalator)



**Love Bundle: Beet Basic, Veggie Root, and Joy of Health**

Beets, beets and more beets! Beet Basic juice helps boost stamina in making muscles work harder, it also contains potassium, magnesium and iron as well as vitamins A, B6, C, and folic acid. Studies have shown that beets are great to help cleanse blood and the liver. Veggie Root Juice is packed with high amounts of antioxidants which help to remove harmful free radicals and toxins from the body. Free radicals and toxins can leave you feeling sick—physically, emotionally and mentally. The ginger in the Joy of Health juice is great to help combat stomach discomfort. This juice is packed with high amounts of antioxidants which help to remove harmful free radicals and toxins from the body. Free radicals and toxins can leave you feeling sick—physically, emotionally and mentally. Ginger is ideal in assisting digestion, thereby improving food absorption and avoiding possible stomach ache. Studies have shown that ginger appears to reduce inflammation in a similar way to aspirin and ibuprofen. Try these juices individually or as a bundle to get the full powerful effect for a strong heart, body and mind! Order yours today: Pour Me Some Juice, LLC [www.pourmesomejuice.com](http://www.pourmesomejuice.com)

**Exercise is My Medicine!**  
**\$60 for 60 days**  
 (upon graduation from the program, join LIFT with NO enrollment fee)

Your Prescription for Health  
**Exercise is My Medicine**  
 www.ExerciseisMedicine.org

**Exercise is Medicine Programs**

- Diabetes Fitness
- Osteoporosis Fitness
- Cancer Fitness
- Pre-Surgery Fitness
- Post-Rehab/Orthopedic Fitness
- Medical Fitness
- Phase III Cardiac Rehab
- Weight Management

Exercise is Medicine is a physician referral program that LIFT offers with the focus being on the internal benefits of physical activity and how these benefits contribute to the longevity and quality of life.

**LIFT+**  
 WELLNESS CENTER  
 101 Jackson Walk Plaza  
 Jackson, TN · 731-427-7048  
 www.liftjackson.com

**KICK THE HABIT**

**Kick the Habit Tobacco Cessation Course will be offered Thursday evenings in February.**

**February 5th, 12th, 19th, and 26th 5:30-6:30 pm**

**J. Walter Barnes Auditorium**

**Cost: \$50**

**Open to the Community**

**Sign up by calling 425-6956**