



## Your Clinic Hours

### Monday - Friday

7:00 a.m. - 7:00 p.m.

### Saturday

8:00 a.m. - 4:00 p.m.

### Sunday

9:00 a.m. - 4:00 p.m.



**Mark Your Calendars!**

## February Wellness Tip

### Heart Health Month



Happy Heart Month! In February we celebrate all things heart! This can include sweet hearts, kind hearts, cupid's hearts, Valentine's Day hearts, but most importantly, we discuss our organ... our heart! In the world of health and well-being, there is so many things that can affect the health of your heart. We often discuss eating a "heart healthy" diet and physical activity to exercise your heart muscle however, there is so many other things that we must consider when wanting to improve our heart health. The American Heart Association discusses 8 things that can affect your heart health:

#### 1. Cholesterol

What to know: "Bad" LDL cholesterol can clog up the arteries that feed your heart and brain - and increase heart attack and stroke risk. "Good" HDL cholesterol can help eliminate the bad, but only to an extent. The body also takes in additional cholesterol from certain foods - like meat, eggs and dairy.

#### 2. Resting heart rate

What to know: Lower is better. For most people, a resting heart rate between 60 and 100 beats per minute is considered normal. It's affected negatively by stress, hormones and medication. Getting into better shape can

## Breakfast Egg Cups



### Ingredients:

- 5 eggs
- Salt, and pepper, to taste
- Optional fillings:
  - Spinach, chopped
    - Tomatoes, diced
    - Onion, finely diced
    - Bell pepper, finely diced
    - Broccoli, diced
    - Parmesan cheese
    - Cheddar cheese

### Directions:

- Preheat oven to 350 degrees F.
- In a measuring cup, beat the eggs until smooth. Set aside.
- In a greased muffin tin, place your desired combination of fillings into each muffin cup.
- Season each cup with salt and pepper.
- Pour the beaten eggs into each muffin cup until the liquid almost reach the top.
- Bake at 350 degrees F until set.

Serve and enjoy!

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## Home Workout

not only lower your resting heart rate, it could help save your life: Studies have shown a higher rate is associated with higher risk for death, even among people who don't have traditional heart disease risk factors.

### 3. Cardiorespiratory fitness

What to know: Aerobic exercise can get the heart pumping and build endurance. Growing evidence over the past three decades has shown that low levels of cardiorespiratory fitness are associated with an increased risk of cardiovascular diseases and death. High levels are linked to a lower risk of developing dementia, Alzheimer's disease, diabetes and even some types of cancer.

### 4. Blood pressure

What to know: High blood pressure, or hypertension, often is called the "silent killer" because it usually lacks obvious symptoms. Nearly half of all U.S. adults have high blood pressure, yet many people are unaware. When left uncontrolled, it is a major risk factor for heart attack, stroke and heart failure.

### 5. Blood glucose level

What to know: Blood sugar levels can fluctuate depending on time of day, what you eat and when you ate it. Too high or too low a level can affect your concentration, make you dizzy, and harm vital organs. Diabetes develops when there is too much sugar in the blood because the body either fails to make enough insulin or cannot use it efficiently.

### 6. Waist circumference

What to know: Some experts consider the distance around your natural waist a better way to measure body fat than relying on body mass index alone. Someone with a relatively low BMI score may have a large waist, and people who carry fat around their abdomen as opposed to the hips or elsewhere are at greater risk for heart disease and Type 2 diabetes. A high waist circumference also is associated with increased risk for high blood pressure and elevated cholesterol levels.

### 7. Heart rhythm

What to know: Atrial fibrillation, or AFib as it's often called, is a quivering or irregular heartbeat. Left untreated, it doubles the risk for heart-related death and has a fivefold increased risk for stroke.

### 8. Family history

What to know: Family history is considered a "risk-enhancing factor," according to recent cholesterol management guidelines. That means if a parent, grandparent or sibling has had a stroke, heart attack or other type of heart disease, the information should be shared with your doctor as soon as possible.

To read more, [click here](#).



Here is a great workout to do at home.

Equipment needed: dumbbells

Do each exercise for 10 reps

Chest	Lying dumbbell chest flys
Chest	Push-ups
Abs	½ Rollbacks
Back	Double dumbbell rows
Back	Back flys
Legs	Right leg lunges
Legs	Squats
Legs	Left leg lunges
Biceps	Biceps curls
Triceps	Lying triceps extensions
Abs	Crunches
Abs	Reverse Crunches
Low Back	Quadruped spinal extensions

End with stretching.



Send to a Colleague

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## Valentine's Day Gift Ideas



Here are some fun, healthy Valentine's Day gifts:

1. Chocolate covered fruit
2. Fitness tracker
3. Partner passes to local classes or personal trainer
4. Happiness journal
5. Yoga mat
6. A vacation getaway where you do something active
7. Dark chocolate
8. Gift certificate to a company that delivers healthy meals to your home.