

# MedBen

# WellCare

benefitness for you.

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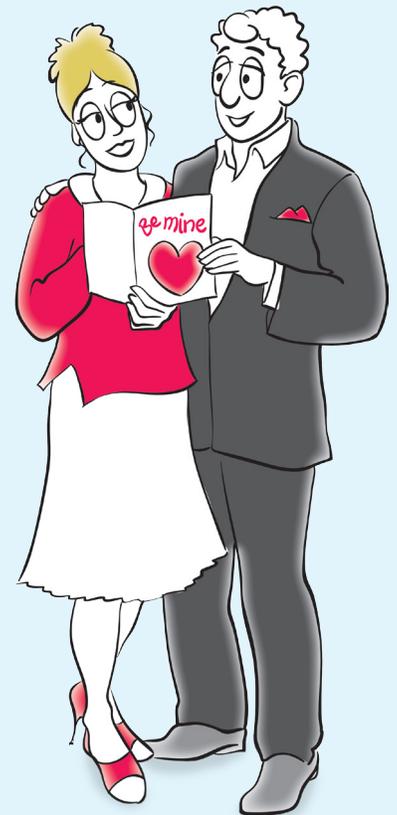
## February: The “Heartiest” of Months

Being that heart disease and stroke are the nation’s numbers one and five causes of death, MedBen WellLiving encourages individuals to seek proper care for their hearts. This includes at least one yearly visit to your family physician for a wellness exam, to monitor any changes with your heart or other areas of health.

According to the American Heart Association, 150 minutes of moderate (75 minutes of vigorous) physical activity per week reduces your risk of heart disease and stroke. Don’t be alarmed if you’re thinking, “I don’t have time for that” – physical activity is considered to be anything that gets your body moving and burns calories.

Going further than regular exercise, maintaining a hearty diet is also a necessity for a healthy heart. Eating foods such as fruits and vegetables, whole grains, or low-fat dairy products will help you to maintain an overall healthy diet. WebMD confirms that foods such as salmon, black beans, oranges, low-fat yogurt, and walnuts are proven to help save your heart.

Having a healthy diet and exercising regularly also help to improve or maintain one other major factor of your heart’s health: weight. There are many ways to check your BMI (Body Mass Index), which calculates an ideal weight range based on your height, but WellLiving suggests speaking with your physician about what a healthy weight means specifically for you.



## Staying Active May Be Easier Than You Think

Exercising can be daunting, but here are some ways to stay active without losing time.

- Gain steps by parking your vehicle further from the store entrance – the goal is 10,000 steps per day.
- Clean the house – yes, all that scrubbing is good for your heart!
- Burn up to 50% more calories just by standing instead of sitting.
- Cook at home – studies have shown you burn more calories and are more likely to consume less, too.
- While watching TV, incorporate a small workout.
- Planning a night with friends? Try going dancing – it’s great for burning calories.
- Take the stairs.

SOURCES: American Heart Association, Everyday Health, Eating Well, WebMD, Mindbodygreen

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