

FEBRUARY 2021

Healthy Living

February is American Heart Month



Walk Your Way to Fitness!

Walking is a great way to keep fit without risking injury or buying lots of special equipment. Since walking is probably the most natural form of exercise, almost anyone can do it with ease.

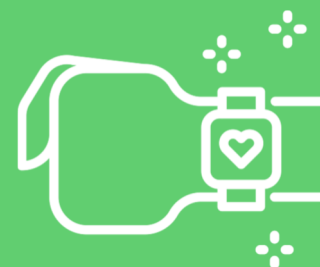
Walking keeps you fit because it:

- Improves cardiovascular fitness.
- Increases the amount of calories burned.
- Enhances muscle tone.
- Builds stamina.
- Aids digestion and regularity.
- Helps to relieve tension.
- Enhances feelings of well-being.

Although walking comes naturally, you can maximize comfort and benefits if you:

- Warm up by walking slowly for 2 to 3 minutes.
- Take a few minutes to stretch before and after walking, especially if you walk briskly.
- Wear good walking or running shoes with sufficient arch support.
- Walk by stepping down on the back of your heels and rolling onto your toes.
- Maintain good posture by keeping your head up, shoulders back, and arms swinging freely at your sides.
- Breathe deeply and exhale fully.
- Cool down by walking at a slower pace for 3 to 5 minutes before you stop.

Quick Healthy Heart Habits



A heart healthy lifestyle doesn't have to be overwhelming. These little changes can make a big difference:

- 1. Lower blood pressure** with fruits and veggies. High blood pressure is a major risk factor for heart disease. Swap out sweets or deep-fried foods for fruits and vegetables. They contain plenty of potassium, which is a mineral that helps to naturally lower blood pressure. Try to get 2.5 cups of veggies and 2 cups of fruit each day.
- 2. Favor healthy fats.** The right kind of fats can be good for your heart. Fatty fish such as salmon contain omega-3 fats, which may prevent sudden death from a heart attack. Olive oil, avocados, nuts and seeds all contain heart healthy unsaturated fat that can help lower bad cholesterol and may raise good cholesterol.



FEATURED RECIPE

Grilled Fish Tacos



Ingredients

For the Salsa:

- 1 can of peach halves
- 1/2 red bell pepper
- 1/4 red onion
- 1 whole jalapeno pepper
- 1 Tablespoon fresh cilantro
- 2 teaspoons lemon juice

In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro and lemon juice; cover and refrigerate until ready to use.

For the Fish:

- 4 tilapia fillets (about 1 lb)
- 1 Tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 packet low-sodium sazón seasoning
- 8 flour tortillas (6" diameter, warmed)

Directions

1. In a small bowl, stir together chili powder, adobo seasoning and sazón packet. Rub fish with spice mixture to coat completely.
2. Place fish on hot greased grill grates.
3. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
4. Thinly slice fish. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Serves 4. Per serving: Calories: 330; Total Fat: 5g; Saturated Fat: 2g, Sodium: 380mg; Total Carbohydrate: 44g; Dietary Fiber: 3g; Protein: 27g