

# cg1 WELL SAID.

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## 5 Numbers You Should Know

### 1. Blood Pressure (BP)

BP is the force of blood pushing against the walls of the arteries as the heart pumps blood. Systolic, or the top number, measures the pressure in the arteries when the heart beats (when the heart muscle contracts). Diastolic, or the bottom number, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

Knowing your blood pressure numbers is important, even when you're feeling fine. High blood pressure is serious. If uncontrolled, high blood pressure can lead to severe health problems. High blood pressure is also the No. 1 cause of stroke.

BP	Systolic		Diastolic
<b>Normal</b>	Less than 120	&	Less than 80
<b>Pre-hypertension</b>	120-139	or	80-89
<b>Hypertension (Stage 1)</b>	140-159	or	90-99
<b>Hypertension (Stage 2)</b>	160 or higher	or	100 or higher

### 2. Cholesterol (HDL and LDL)

Cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy. Some of the cholesterol we need is produced naturally,

while some of it comes from the food we eat. There are two types of cholesterol: HDL (good) and LDL (bad). Too much of one type — or not enough of another — can put you at risk for coronary heart disease, heart attack or stroke. Even though high cholesterol may lead to serious heart disease, most of the time there are no symptoms. This is why it is important to have your cholesterol levels checked.

	DESIREABLE	OPTIMAL
<b>Total Cholesterol</b>	< 200	145-165
<b>HDL</b>	> 60	> 65
<b>LDL</b>	< 100	< 70

### 3. Blood Glucose

A blood glucose test measures the amount of sugar called glucose in a sample of your blood. Carbohydrates are quickly turned into glucose in your body, which raises your blood glucose level. Glucose is a major source of energy for most cells of the body. However, higher-than-normal blood glucose levels may be a sign of diabetes.

### 4. BMI (Height and Weight Ratio)

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such

as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

### 5. Waist Circumference

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. To correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out.

Why is monitoring these numbers so important? These numbers are major predictors of health risks. Many of these risks may be present without symptoms. Simple screening can provide you with the information you need to prevent chronic disease.

<http://www.nhlbi.nih.gov> <http://www.heart.org>

*“Time and health are two precious assets we often do not recognize or appreciate until they have been depleted.”*

*Find time for your health!*

## Chicken Chili



A yummy twist on traditional chili and it's easy to make in a hurry!

### Ingredients

- non-stick cooking spray
- 1 lb. boneless, skinless chicken breasts
- 1 medium onion, finely chopped
- 1 medium bell pepper (any color), chopped
- 3 clove garlic, minced
- 2 cup fat-free, low-sodium chicken broth OR
- 1 16- oz. canned, fat-free, low-sodium chicken broth
- 2 15.5- oz. canned, no-salt-added or low-sodium beans - drained, rinsed
- 1/2 tsp. pepper
- 1 tsp. cumin
- 1/2 tsp. chili powder (optional)
- 1 medium chopped jalapeño (optional)
- fresh cilantro (optional)
- 1/2 cup low-fat sour cream (optional)

### Directions

- Remove visible fat from chicken, cut into bite-sized pieces.
- Spray large pot with cooking spray. Add chicken, onion, garlic, chili powder (optional) or jalapeno (optional) cooking over medium-heat until chicken is no longer pink (about 7 minutes)
- Lightly mash the drained, rinsed beans with a fork.
- Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.
- Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional)

[www.heart.org](http://www.heart.org)

## Heart Health Habits

Fewer Americans have been dying from heart disease in recent decades. But the rate among women from 35 to 44 has not dropped. Researchers have identified six commonsense lifestyle choices that they believe could slash heart attacks within this female age group.

The six anti-heart attack behaviors are:

- \* not smoking.
- \* exercising for at least 2.5 hours each week.
- \* watching TV for fewer than 7 hours a week; consuming a diet rich in veggies, legumes, and whole grains but low in red meat, refined grains, and sugar.
- \* consuming no more than one alcoholic drink daily.
- \* having a Body Mass Index in the normal range.

The data showed that non-smoking women who exercised regularly and maintained a healthful diet lowered their heart disease risk by 92 percent compared with women who did not have those habits. They also had a 66 percent lower risk for heart disease factors such as high blood pressure, high cholesterol or type 2 diabetes. Take those numbers to heart.

## Fitness Works

When it comes to preventing cardiovascular disease, fitness is a powerful weapon. That's because a sedentary lifestyle is one of the risk factors for heart disease.

Fitness works on several risk factors, keeping weight down, keeping cholesterol down, and keeping blood pressure down. It actually makes the body more efficient.

**Talk to your doctor.** Before beginning a new routine, ask if you have any limitations and find out if there are types of exercise you should avoid.

**Find an activity you enjoy.** There are countless options out there that raise the heart rate – swimming, dancing, cycling, Zumba and more. Aim to exercise three to five hours a week.

**There is no exercise bank.** What did you do two days ago? The benefits of exercise don't last forever. You've got to keep replenishing your account.

**Fit it into your schedule.** Exercise has a half-life. The relaxing benefits, lowered blood pressure and other perks stick around for about 48 hours. After that, you'll need to get another exercise "fix" to keep the perks going.

**Set an example.** Go on a family bike ride or a family walk. Turn date night into exercise night. Fitness can be contagious. Plus, it's more fun when others join in.



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