

HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

347 W. Berry St., Fort Wayne, IN 46802

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www.fwymca.org

The YMCA of Greater Fort Wayne is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

HEALTHY LIVING

TAKE ACTION TO IMPROVE HEART HEALTH BLOOD PRESSURE SELF-MONITORING PROGRAM AT THE Y

If you are living with high blood pressure, taking action to keep it well-controlled will minimize your risk for complications like stroke, heart attack, and even death.

High blood pressure, which makes the heart work harder than it should with each beat, is especially dangerous because it often has no warning signs and usually lasts a lifetime once it develops.

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in many people with high blood pressure.

This forms the basis for the YMCA's Blood Pressure Self-Monitoring Program, an evidence-based program that features personalized support as you develop the habit of routinely self-monitoring your blood pressure, tips for maintaining your cardiovascular health, and nutrition education.

HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. Just a few check-ins per month can yield big results. You will:

- **Take your blood pressure at least two times per month**
- **Attend two consultations with a YMCA Healthy Heart Ambassador per month – no appointment necessary**
- **Attend monthly nutrition education**

You will record your blood pressure reading using an easy-to-use tracking tool of your own choosing. The Y can provide options for participants who need a home blood pressure monitor. YMCA membership is not required to participate.



IN THIS ISSUE

Healthy Living
LiVe Healthy
Healthy Recipe
Tip of the Month

WHAT'S HAPPENING AT THE Y?



BE A GOOD NEIGHBOR

The Y and NeighborLink are partnering together to launch the second year of Be A Good Neighbor Week, Monday through Saturday, July 9-14th as a way to make it easy and convenient for you and your co-workers to volunteer together to make a difference in the lives of our neighbors. If your workplace is interested in meeting with NeighborLink to learn more about how your company could put a team and project together, contact us at HereForYou@fwymca.org or [click here](#) to read more.

Visit our website at www.fwymca.org to find out what else is happening this month!

ENJOY THIS ISSUE?

Share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact us at hereforyou@fwymca.org

For more information about the program and how to get started: Contact us at HereForYou@fwymca.org or 260.755.4940.



LIVE HEALTHY

FOUR MORE HABITS FOR GREATER WELL-BEING IN 2018

(CONTINUED FROM LAST MONTH)

5. Increase your activity.

- Staying active boosts memory, reduces stress, manages weight, increases energy, and prevents illness.
- Include moderate exercise every day—at least 60 minutes for kids, 30 minutes for adults!
- Don't forget to add muscle and bone building activities several times a week!

6. Eat together and stay connected.

- Enjoying the company of others at meals can lead to better well-being.
- Kids who eat with family do better in school, have healthier weights, eat more balanced meals, and tend to avoid more risk-taking behaviors.
- Positive relationships and social networks can boost your mood and favorably affect health.

7. Be mindful.

- Be aware and present in the current moment. Focus on what you are experiencing in a non-judgmental way!
- Being mindful while eating slows down meals and allows for more enjoyment.
- Mindfulness eases stress and adds more joy to each day.

8. Get a good night's sleep and recharge.

- Good sleep boosts mood, energy, memory, attention, and creativity! It is also important for managing weight.
- Discover other ways to recharge and relax! Lowering stress is vital for well-being!
- Aim for 7-9 hours of sleep a night for adults, 10-11 hours for children.

Choose one area to work on this coming month and see what difference it makes in your well-being.

Wishing you another healthy month!

Kyla Zehr, MA, RD
Parkview Health Community
Outreach Dietitian



HEALTHY RECIPE HAM, SWISS AND APPLE WRAPS



INGREDIENTS:

- 1/2 red onion, thinly sliced
- 1/3 cup low-fat plain yogurt
- 2 tablespoons chopped fresh dill or parsley
- 2 tablespoons honey mustard
- Kosher salt and freshly ground pepper
- 1 1/2 tablespoons extra-virgin olive oil
- 4 ounces sliced lean ham (preferably low-sodium), torn into bite-size pieces
- 3 ounces sliced Swiss cheese, cut into strips
- 1 romaine lettuce heart, torn into bite-size pieces
- 1 apple, thinly sliced
- 4 whole-wheat wraps or tortillas
- 3 cups strawberries, halved

DIRECTIONS:

- Soak the red onion in a bowl of ice water, 10 minutes. Drain the onion and squeeze dry.
- Whisk the yogurt, dill, honey mustard, and salt and pepper to taste in a large bowl. Slowly drizzle in the olive oil and 1 tablespoon water, whisking until combined. Add the onion, ham, cheese, lettuce and apple and toss to coat. Pile the ham mixture in the middle of each wrap. Fold in the sides, then roll up the wraps. Cut in half and serve with the strawberries.

Servings per recipe: 4. Serving size: Calories 448; Total Fat 14 g; Saturated Fat 5 g; Cholesterol 34 mg; Sodium 654 mg; Carbohydrates 49 g; Dietary Fiber 9 g, Protein 18 g; Sugar 17 g

Source: foodnetwork.com

TIP OF THE MONTH FOCUS ON FATS

When eaten in moderation, studies have shown that healthy fats like monosaturated and polysaturated fats may help lower cholesterol, which in turn may decrease your risk of heart disease. To reap the heart-healthy benefits, simply add half an avocado or a tablespoon of coconut oil into your next smoothie. Bonus: You may end up feeling fuller longer as fat slows digestion, increasing fullness and decreasing appetite.

Source: Kroger MyMagazine; April 2017