

PANHANDLE PATH TO HEALTHY LIVING



February is American Heart Month!

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

4 Ways to Take Control of Your Heart Health

- You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.
- Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.
- Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.
- Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.

Lizbeth Gresham

A Healthy Heart in the Time of COVID-19



For those with heart conditions or other medical conditions that may weaken your heart, keeping your heart healthy and protected during a pandemic is important. Cholesterol and blood pressure issues, as well as arrhythmias or cardiomyopathy, are heart conditions that can make contracting COVID-19 more serious.

Your heart is the most “essential” worker you have. It beats more than 110,000 beats a day and pumps about 2,000 gallons of blood throughout your body. This fist size muscle is so important, it only makes sense to keep it healthy and happy. To help support and improve your heart, try some simple changes that everyone can make.

Variety and Veggies

Eating balanced and nutritious meals daily can help you reduce sodium and sugar intake, helping to maintain or lose excess weight, manage your blood pressure, control cholesterol. The nutrient dense foods that we consume help in providing those vitamins that support our bodies. Eating a colorful variety of fresh fruits and vegetables helps to support our health and our immune systems. Try new recipes throughout the week to add variety and enhance enjoyment. Visit www.dinnertonight.org for delicious and healthy recipes that are lower in calories, saturated fat, and sodium.

Keep Moving

Staying physically active can also improve and support your heart. It strengthens your heart so that it can efficiently pump blood throughout the body. A stronger heart also helps to keep your blood pressure under control. Try to take a brisk walk outdoors daily or keep active around the house; not only are you keeping social distance, but improving circulation to help reduce stress.



Mask, Hands, & Distance

Always remember to follow the CDC guidelines for COVID-19. Wash your hands frequently, continue to wear a mask, stay six feet apart from others, and avoid large crowds. For more information check out our COVID-19 hub of Extension resources at <https://agrilifeextension.tamu.edu/coronavirus>.

Path to Wellness.....

Hydration Station Get the Facts: Drinking Water and Intake

Drinking enough water every day is good for overall health. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda.¹⁻³ Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, constipation, and kidney stones.^{4,5}

Adults and youth should consume water every day.

- Daily fluid intake (total water) is defined as the amount of water consumed from foods, plain drinking water, and other beverages. Daily fluid intake recommendations vary by age, sex, pregnancy, and breastfeeding status.⁶
- Although there is no recommendation for how much plain water adults and youth should drink daily, there are recommendations. External for daily total water intake that can be obtained from a variety of beverages and foods.
- Although daily fluid intake can come from food and beverages, plain drinking water is one good way of getting fluids as it has zero calories.
- Plain water consumption varies by age, race/ethnicity, socioeconomic status, and behavioral characteristics.
- In 2005-2010, U.S. youth drank an average of 15 ounces of water and U.S. adults drank an average of 39 ounces of water on a given day. ^{7,8}
- Among U.S. youth, plain water intake is lower in younger children, non-Hispanic black, Mexican-American.⁷
- Among U.S. adults, plain water intake is lower in older adults, lower-income adults, and those with lower education.^{8,9}
- U.S. adolescents who drink less water tended to drink less milk, eat less fruits and vegetables, drink more sugar-sweetened beverages, eat more fast food, and get less physical activity.¹⁰



February

*Potter WAT New Year
New You!*

*Congratulations 17 Teams
have made a commitment to
better health & are walking
the equivalent of 832 miles
across Texas!*



*Master Wellness Volunteer
Training and Certification
March 3rd, 2021*



*Step Up & Scale Down To A
Healthier You in 2021
Classes run through Feb 16th*



**IF YOU ARE INTERESTED IN
ANY OF THESE PROGRAMS OR
WOULD LIKE MORE
INFORMATION CONTACT**

**TEXAS A&M AGRILIFE
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Path to Heart Healthy Living..

LIVING heart HEALTHY



1 UNDERSTAND YOUR RISK

Risks factors Include:

- High Blood Pressure
- High Cholesterol
- Overweight or Obese
- Diabetes
- Smoking
- Physical Inactivity
- Family History of Heart Disease
- Have Unhealthy Eating Habits

3 AIM FOR A HEALTHY WEIGHT

If you are overweight or obese, a loss of 5% to 10% of body weight over 6 months can decrease risk for chronic disease

5 GET REGULAR PHYSICAL ACTIVITY

Visit with your doctor before you start a new exercise plan. Ask how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health.

7 GET ENOUGH, GOOD QUALITY SLEEP

Sleep helps heal and repair your heart and blood vessels. Over time, not getting enough quality sleep, can raise your risk of heart disease, obesity, high blood pressure, diabetes, and stroke.

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Extension Agent Health

2 GET CHECKED

Get your blood pressure and blood cholesterol levels checked regularly. These are two major risk factors for heart health and need to be monitored by your health care provider.

4 CHOOSE HEART HEALTHY FOODS

Eating heart-healthy includes choosing foods such as lean proteins, fruits and vegetables, while limiting added sugars, saturated and trans fats.

6 QUIT SMOKING

Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors

8 MANAGE STRESS

Consider healthy stress-reducing activities like:

- Talking to a professional counselor
- Practicing meditation
- Being physically active
- Trying relaxation techniques
- Talking with friends, family, and community or religious support systems



Source: <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>

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Lizbeth Gresham is a Family and Community Health Agent with Texas A&M AgriLife Extension **Potter** County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://Potter.agrilife.org>

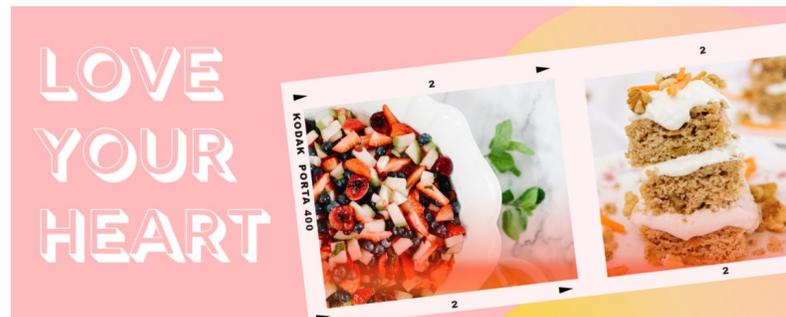
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TEXAS A&M AGRILIFE EXTENSION SERVICE

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**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



dinnertonight.tamu.edu

Path to Plate.....

Pomegranate Fruit Salad

- 2 cups [green apples](#) rinsed and diced
- 2 cups [strawberries](#) rinsed and thinly sliced
- 2 cups [blueberries](#) rinsed
- 1 cups [cherries](#) rinsed, pitted and sliced
- 1/2 cup [pomegranate arils](#)
- 1 tablespoon [fresh mint](#) chopped
- 2 tablespoon [lime juice](#)
- 2 tablespoon [honey](#)



Combine fruit in a large bowl. Sprinkle chopped mint over fruit, drizzle with honey & lime & toss to combine. Store in fridge & Enjoy!



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