

# Active at Agnes



## Heart Health Month



February is American Heart Month, and there are good reasons to raise awareness: Heart disease, known as “the silent killer of women,” is the number one killer of women in the United States and is the cause of one in three women’s deaths each year. Certain factors are associated with increased risk for heart disease, such as high cholesterol, high blood pressure, smoking, diabetes, obesity, family history, and physical inactivity. However, there are many ways to help prevent heart disease, including:

- Check your family history
- Don’t smoke
- Drink in moderation
- Exercise regularly
- Eat balanced meals
- Tame your stress
- Get enough sleep

The American Heart Association recommends the following consumption of foods to promote heart health:

- *Fruits and vegetables*: 4.5+ cups a day
- *Fish* (preferably oily fish, like salmon): two or more 3.5-ounce servings a week
- *Fiber-rich whole grains*: three or more

1-ounce servings a day

- *Nuts, legumes and seeds*: 4+ servings a week

As Valentine’s Day approaches, now is the perfect time to make a commitment to your heart. It could be as simple as walking every day or getting your cholesterol checked. For more information, visit [GoRedForWomen.org](http://GoRedForWomen.org), which offers heart healthy recipes, exercise videos, and much more.

Source: [GoRedForWomen.org](http://GoRedForWomen.org) and [Heart.org](http://Heart.org).

## National Wear Red Day

To raise awareness in the fight against heart disease, the number one killer of women in the United States, the American Heart Association launched Go Red for Women in 2003. According to [GoRedForWomen.org](http://GoRedForWomen.org), National

Wear Red Day is a “special day to bring attention to this silent killer of women. We encourage everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives.” Na-

tional Wear Red Day occurs on the first Friday in February, which is **February 7th** this year. Please join us in wearing red, and to donate visit <http://www.GoRedForWomen.org/wearredday/donate/>.

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### Heart Health Session by DeKalb Medical

On Thursday, February 13th at noon, a representative from DeKalb Medical will give a seminar about heart health in Lower Evans. She will give diet suggestions and fitness tips for preventing heart disease, will describe the symptoms of a heart attack, and will provide information about when and how to get screened for heart disease. Please join us for this informative session! Check the Irvine for more details.

### February at a Glance

- February 7th: National Wear Red Day
- February 13th at 12:00 PM: Heart Health Session by DeKalb Medical (Lower Evans)
- February 14th: Healthy Valentine’s Day Celebration in the Dining Hall with Angel Food Cake and Strawberries!

# A Delicious and Healthy Valentine's Day Dinner



Staying in for Valentine's Day this year? You will undoubtedly save money and calories, but you do not have to sacrifice flavor or fun! Here is a heart healthy menu for your holiday dinner.

## Marmalade Chicken for Two

Makes: 2 servings

Total Time: 20 minutes

Nutrition Profile: Diabetes appropriate, Low calorie, Low carbohydrate, Low saturated fat, Low sodium, Heart healthy, Healthy weight, Gluten free

### Ingredients

- 1/2 cup reduced-sodium chicken broth
- 1 tablespoon red-wine vinegar
- 1 tablespoon orange marmalade
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon cornstarch
- 8 ounces chicken tenders
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil, divided
- 1 large shallot, minced
- 1/2 teaspoon freshly grated orange zest

### Preparation

1. Whisk broth, vinegar, marmalade, mustard, and cornstarch in a medium bowl.
2. Sprinkle chicken with salt and pepper. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.
3. Add the remaining 1 teaspoon oil and shallot to the pan and cook, stirring often, until beginning to brown, about 30 seconds. Whisk the

broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened, 30 seconds to 2 minutes.

4. Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

**Nutrition per serving:** 213 calories; 8 g fat (1 g sat, 5 g mono); 68 mg cholesterol; 10 g carbohydrates; 27 g protein; 246 mg sodium; 55 mg potassium

Serve with brown rice and sautéed spinach.



Recipe from EatingWell.com.

## Low-Fat Fudgy Brownies

Makes: 32 servings

Total Time: 45 minutes

Nutrition Profile: Heart healthy, Dairy free, Low sodium

### Ingredients

- 1/2 cup unbleached all-purpose flour
- 3/4 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3 egg whites
- 2 eggs, lightly beaten
- 1 cup granulated sugar
- 1/2 cup packed brown sugar
- 2/3 cup unsweetened applesauce

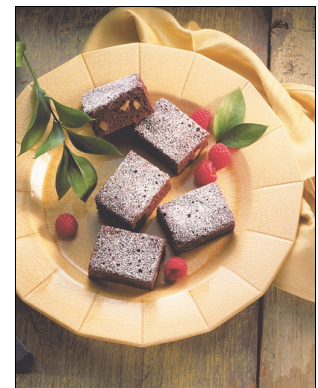
- 2 teaspoons vanilla extract
- 1/2 cup coarsely chopped walnuts
- Confectioners' sugar

### Preparation

1. Preheat the oven to 350°F. Grease a 13" x 9" baking pan.
2. In a medium bowl, combine the flour, cocoa powder, baking powder, and salt.
3. In a large bowl, with an electric mixer on low speed, beat the egg whites until foamy. Gently stir in the eggs, granulated sugar, and brown sugar until well-combined. Blend in the applesauce and vanilla extract. Stir in the flour mixture. Stir in the walnuts.
4. Spread into the prepared pan. Bake for 30 minutes, or until a wooden pick inserted in the center comes out clean. Do not over bake. Cool in the pan on a rack. Dust the confectioners' sugar over the brownies.

**Nutritional per serving:** 72 calories; 1.9 g fat; 0.4 g saturated fat; 13.2 mg cholesterol; 37.5 mg sodium; 13.5 g carbohydrates; 10.2 g sugars; 1.1 g fiber; 1.8 g protein

Garnish with raspberries.



Recipe from Women's Health Magazine.com.

Want another way to stay up-to-date with employee wellness activities? Like "Agnes Scott College Wellness Program" on Facebook!



# Heart Health



## Heart Health at All Ages

### 20s and 30s

- ♥ **Know your family history.** Know who in your family has experienced heart disease and talk to your doctor about how your family history may affect your own risk profile.
- ♥ **Take stock of your health habits.** The eating and exercise habits you learned growing up can be either a boon or a burden to you.
- ♥ **Don't smoke.** If you don't smoke, congratulations! If you do smoke, stop now. Of all the things you can do to protect your heart, smoking cessation is perhaps the most beneficial.
- ♥ **Develop healthy eating and exercise habits.** Learn how to eat and exercise in a way that supports your heart health now and in the future.

### 30s and 40s

- ♥ **Pay attention to your numbers.** This is a good time to know your cholesterol, blood pressure, and ideal weight. If your numbers are within normal limits, you have a good baseline for comparison as you get older. If your numbers put you at elevated risk for future heart disease, now is the time to work with your health care provider to manage your numbers and lower your risk.
- ♥ **Set a good example for your children.** Children are influenced much more by what you do than what you say. Model good eating, exercise, and stress reduction strategies for them, and start them off on a lifetime of heart-healthy habits.
- ♥ **Take care of yourself.** The demands of managing a family and sometimes a career as



well can seem like an excuse to put ourselves last and to abandon our good health habits.

### 40s and 50s

- ♥ **Continue to monitor your numbers.** It is wise to check your cholesterol at least every five years, annually if you are being treated for high cholesterol. Also continue to monitor your weight and blood pressure and follow your doctor's recommendations for optimum management.
- ♥ **Continue to model heart healthy behavior for your children.** Bring good food choices into the house, limit TV and computer time, and get plenty of exercise. If you haven't yet adopted a heart-healthy lifestyle yourself, it is not too late to do so. However, you should check with your doctor before embarking on a new exercise program.

### 50s, 60s and Beyond

- ♥ **A renewed focus** on your heart-healthy lifestyle is critical to help you protect your heart- and it's never too late to make changes.
- ♥ **Maintain good sleep habits.** Uninterrupted sleep becomes more difficult with menopause, but it is important to your general and cardiac health to aim for 6 to 8 hours of good quality sleep every night.
- ♥ **Be aggressive about investigating cardiac concern.** Even if they are not "typical", new or unusual symptoms could herald trouble and need to be discussed with your physician. Symptoms, evaluation, and treatment of heart disease are different in women and men.

Source:  
[www.MassGeneral.org](http://www.MassGeneral.org)

## Courtesy of Wellness Proposals

Questions, comments, or suggestions about employee wellness or the wellness newsletter? Please contact the Office of Human Resources at [kgilbert@agnesscott.edu](mailto:kgilbert@agnesscott.edu) or [kknowles@agnesscott.edu](mailto:kknowles@agnesscott.edu).