



Heart Disease Awareness MONTH

3 WAYS TO BOOST YOUR HEART HEALTH

Heart disease continues to be the leading cause of death for both men and women in the United States. In fact, 1 in every 4 deaths is caused by heart disease. Heart disease refers to several different types of heart conditions. Coronary artery disease—caused by plaque buildup in the walls of the heart’s arteries—is the most common. Other forms of heart disease include heart attack, heart failure, arrhythmia and congenital heart defects. The symptoms of heart disease can vary, and some people may not even know they have a heart condition until they have a heart attack. Red flags include shortness of breath, chest discomfort, difficulty with speech, heart palpitations and sudden loss of responsiveness.

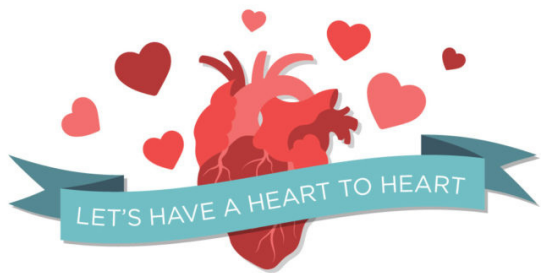
TAKE CONTROL OF YOUR HEART HEALTH

There are certain uncontrollable factors that increase your risk of heart disease, including age, sex and family history. However, other factors that increase your risk for heart disease—such as stress, inactivity, obesity, diabetes, smoking and a poor diet—are controllable.

A healthy diet and lifestyle are your best methods to fight heart disease, so consider incorporating these three kinds of exercise into your routine to improve your heart health:

1. **Aerobic exercise** improves circulation and can help your cardiac output. Try to get at least 30 minutes a day of heart-pumping moderate activity—like brisk walking, dancing or cycling—at least five days a week.
2. **Resistance training** with weights, resistance bands or body weight at least two nonconsecutive days per week can help create leaner muscle mass. When paired with aerobic activity, you can raise your good cholesterol levels and lower bad cholesterol levels.
3. **Flexibility workouts**, like stretching and balance, are critical for musculoskeletal health. It’s important to stay flexible and joint pain-free so you can maintain your regular aerobic and resistance workouts.

Keep in mind that it’s the overall pattern of your life choices that determines your heart health. Contact your doctor to find out your risk for heart disease, or for more information.



FEBRUARY IS HEART MONTH

So let's show our hearts some appreciation.

OUR HEARTS WORK REALLY HARD TO KEEP US GOING.

EACH MINUTE, YOUR HEART PUMPS 5.5 L OF BLOOD & IT BEATS 100,000 A DAY!



IN ONE LIFETIME, YOUR HEART PUMPS ABOUT **1 MILLION BARRELS** OF BLOOD DURING AN AVERAGE LIFETIME - THAT'S ENOUGH TO FILL MORE THAN 3 SUPER TANKERS.



DID YOU KNOW?

UNHEALTHY LIFESTYLE HABITS PUT US AT RISK FOR HEART DISEASE, WHICH UNFORTUNATELY, IS THE 2ND HIGHEST CAUSE OF DEATH IN CANADA AND CLAIMS MORE THAN 33,600 LIVES PER YEAR.

SO LET'S ALL HAVE A HEALTHY HEART!

WAYS TO REDUCE YOUR RISK OF HEART DISEASE BY 80%



DO EAT

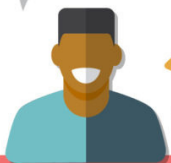
- 1 FRESH FRUITS AND VEGETABLES
- 2 FIBRE-RICH WHOLE GRAINS
- 3 A VARIETY OF PROTEINS

TAKE CARE OF YOUR HEART, AND YOUR HEART WILL TAKE CARE OF YOU!



TRY TO

- 1 BE PHYSICALLY ACTIVE
- 2 MAINTAIN A HEALTHY WEIGHT
- 3 REDUCE STRESS
- 4 BE SMOKE-FREE & LIMIT ALCOHOL



AVOID

- 1 PROCESSED FOODS
- 2 SUGAR AS MUCH AS POSSIBLE

WISHING YOU A **HAPPY & HEALTHY HEART MONTH!**
LOVE SPUD

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DEALING WITH JOB BURNOUT DURING THE PANDEMIC

Common job stressors include heavy workload, lack of work-life balance and job security concerns. If left unaddressed, burnout—which is chronic, unchecked stress—can have serious consequences for your health, social life and career.

Burnout can also increase your risk of getting sick.

Dealing with stress is a normal part of everyday life, and these uncertain times may be elevating your overall stress levels even more. Consider the following ways to cope with job burnout:

- Evaluate and discuss your options. Be open with your manager, and discuss job expectations or suggest taking on different responsibilities.
- Seek support. Talking with trusted co-workers, friends and family can help. Also, check if you have access to an employee assistance program.
- Try a relaxing activity. Explore mindful activities—like yoga, meditation or breathing exercises—to take a break and focus on how you're feeling.
- Check in on your physical health. It's important to get plenty of sleep to tackle each day. Create a plan to exercise more and eat healthier foods.

If all else fails, you may need a change of scenery. Start small by moving your remote workspace or, if possible, sitting in a different spot in the office. If you're experiencing burnout, talk to your manager or mental health professional.

Information courtesy of Zywave