



Almost 700,000 people die of heart disease in the U.S. each year. That is 29% of all U.S. deaths.

#### Spinach Fettuccine with Artichokes and Sun-Dried Tomatoes

1 TB olive oil  
1 medium onion, finely chopped  
3 medium artichokes, trimmed and sliced  
2 large garlic cloves, minced  
1 tsp fresh lemon juice  
Freshly ground pepper, to taste  
Sea salt, to taste  
1/4 cup dry white wine  
1/2 lb fresh spinach fettuccine, cooked until tender, drained  
6 sun-dried tomatoes, coarsely chopped  
2 tsp fresh thyme, chopped  
Parmesan

Sauté onion in olive oil until tender. Add artichokes, garlic, lemon juice, salt, and pepper. Sauté for 7 to 8 minutes (until artichokes are tender). Add wine, simmer for a few more minutes. Add water to sauté mixture with sun-dried tomatoes and thyme. Add pasta to mixture, toss. Season with salt and pepper and serve topped with Parmesan.

Per Serving: 470 calories, 14 g protein, 10 g fat (3 saturated)

# Healthy Habits

Faculty and Staff Wellness Program

Calvin College

March, 2008

## Heart Health

Heart disease is the leading cause of death in the United States, and is a major cause of disability. In 2002, heart disease accounted for 29% of all U.S. deaths. Heart disease is a broad term that includes several more specific heart conditions. *Coronary Heart Disease (CHD)* is the most common heart condition in the United States. It occurs when the coronary arteries, that supply blood to the heart muscle, become hardened and

narrowed due to plaque buildup. This is called atherosclerosis. CHD can lead to *heart attack*. A heart attack occurs when the blood supply to the heart is severely reduced or completely blocked. Heart muscle cells may not receive enough oxygen and begin to die. CHD may also lead to Angina: chest pain or discomfort that occurs when the heart is not receiving enough blood.<sup>1</sup>

Over time, CHD can weaken the heart muscles and lead to heart failure, a serious problem where the heart cannot pump blood the way it should.<sup>1</sup>

Some conditions as well as lifestyle factors can put people at a higher risk of developing heart disease. However, everyone can take steps to reduce their risk of heart disease and heart attacks.<sup>1</sup>

## Prevention

*Everyone can take steps to lower their risk for heart disease and heart attack. How?*

### Prevent and control high blood cholesterol

Cholesterol helps your body build new cells, insulate nerves and produce hormones. Normally, the liver makes all the cholesterol the body needs. But cholesterol also enters your body from dietary sources, such as animal-based foods like whole milk, eggs, and high fat meat. When there is too much cholesterol in your blood, it can build up in the walls of your arteries.<sup>2</sup>

Everyone over the age of 20 should get their cholesterol levels measured at least once every 5 years. Your total cholesterol should be less than 200. Preventing and treating high blood cholesterol includes eating a diet low in saturated fat and cholesterol and high in fiber, keeping a healthy weight, and getting regular exercise.<sup>1</sup>

### Prevent and control high blood pressure

A blood pressure of 140/90 or higher is considered high. Recommended blood pressure is less than 120/80.

To prevent high blood pressure, you should maintain a healthy weight, exercise more, eat healthy foods like fruits and vegetables, and if you drink, drink in moderation.<sup>1</sup>



**SpringClasses**  
Contact Healthy Habits for  
more information.

### **Pilates**

Pilates will show you how to dramatically improve your flexibility, core strength, balance, and posture. This class is for men and women! It's TIME to work on breath control and core stability for your abs, chest, back and hips!

### **Exercise Ball & Bands**

This total body work-out features exercise balls and resistance bands to strengthen and stretch your entire body. If your fitness goals include better posture, balance, flexibility and muscular strength then this class is for you! All fitness levels are welcome.

### **Zumba**

Zumba combines high energy and motivating music with unique moves, including footwork and body movements from the Salsa, mambo, hip hop and other dances. If an exciting workout is what you are looking for, Zumba is for you!

### **Boot Camp**

Ten Hut! Get ready for this high-energy class packed with a full-body cardio and strength workout — in just 45 minutes! Enjoy exciting team and individual challenges, have more energy for the day, and feel great overall! No two classes will be the same!



## Health Habits Highlight of the Month

Meet Lies Rosema. Lies is a 2006 graduate of Calvin College who now works full time at the IT Help Desk. Enticed by the promise of cash rewards through Healthy Habits, Lies started to play with idea of becoming more active; but having never been into fitness or working out and despising the thought of going for a run, she wasn't sure what she would do.

Then, over Christmas her husband's family proclaimed a weight loss competition. They made a pact to lose 100 pounds combined. They all stepped onto the scale to "weigh in", and our fitness despiser started the transition into an active exerciser! She and her husband gradually made healthy changes such as giving up soda, altering their favorite meals, tracking their diets, and buying an elliptical off eBay. Having an elliptical in her house helped Lies become a regular exerciser; now she had no excuse! Lies says she feels better than ever. She is sleeping better at night, is less sluggish during the day, and enjoys the opportunity to buy new clothes! Her advice? If *she* can do it, *anyone* can! She never enjoyed working out and didn't pay much attention to the food she ate. She recommends taking what you are doing and looking for ways you can make healthy changes. Modify your diet and activity in a way that will work for you. Keep a food journal; learn to read food labels, have a support group, and take small steps to a better you! Way to go Lies!

## Heart Healthy Diet

Feeding your heart well is a great way to reduce or even eliminate some risk factors.

1. Eat more fish. It is a good source of protein, and generally a good source of omega-3 fatty acids, which may help reduce the risk of heart disease and stroke.
2. Eat more vegetables, fruits, whole grains, and legumes.
3. Choose fat calories wisely.
4. Limit total fat calories to around 30% of your diet.
5. Minimize the saturated fats and trans fats you eat. Saturated fats are typically found in animal foods, and trans fats are found in many processed foods.
6. Your fat should be high in monounsaturated

and polyunsaturated fats. If these fats are used in place of other types of fat, they can lower your risk of heart disease by reducing the LDL cholesterol levels in your blood. These fats are found in olive oil, peanut oil, avocados, most nuts, soy oils, and corn oils.

TIPS: Sauté with olive oil instead of butter. Sprinkle slivered nuts or sunflower seeds on salads instead of bacon bits and cheese. Add slices of avocado to your sandwich rather than cheese. Snack on small handfuls of nuts instead of potato chips or processed crackers. Put peanut butter or another nut butter spread on celery, bananas, or other fruits.<sup>3</sup>

7. Eat a variety of protein foods. Meat and dairy products are the most commonly eaten protein foods, and they can be one of the main culprits in increasing heart disease risk. Reduce the amount of high fat meat protein from your diet.
8. Limit cholesterol consumption. Dietary cholesterol can raise blood cholesterol levels, especially in high-risk people.
9. Feed your body regularly. Skipping meals often leads to overeating. Eating five to six mini-meals per day is the a good way to control blood sugars, burn fat calories more efficiently, and regulate cholesterol levels.

1. <http://www.cdc.gov/HearDisease/prevention.htm>  
2. <http://www.webmd.com/heart-disease/guide/heart-disease-risk-factors>  
3. <http://www.mayoclinic.com/health/fat/NU00262>