

SENIORS TAKING CHARGE

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HEART-HEALTHY DIET: 6 STEPS TO PREVENT HEART DISEASE

MAYO CLINIC

The health of the heart is heavily affected by the specific foods you eat. Eating certain foods can increase your heart disease risk, while others can improve your health outcomes. Although it can be very tough to change your eating habits, it can be very important for your overall health.

- 1. Control your portion size-** How much you eat is just as important as what you eat. Use a small plate or bowl to help control your portions.
- 2. Eat more vegetables and fruits-** Vegetables and fruits are good sources of vitamins and minerals as well as low in calories and rich in dietary fiber.
- 3. Select whole grains-** Good sources of fiber and other nutrients that play a big role in regulating blood pressure and heart health.

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4. Limit unhealthy fats- Try to limit saturated and trans fats which can help to reduce your blood cholesterol and lower your risk of coronary artery disease.

5. Choose low-fat protein sources- Lean meat, poultry and fish, low-fat dairy products, and eggs are great sources of protein. Legumes, such as beans, peas, and lentils, are good sources of protein and contain less fat and no cholesterol.

6. Reduce the sodium in your food- Eating a lot of sodium can contribute to high blood pressure which can be a risk factor for cardiovascular disease.



Cardiovascular Exercise Tips

Silver Sneakers

As we age, our workout routines will change as well. The most important thing is to keep active, no matter what you choose to do. Cardiovascular exercise is very important for our overall health and should be incorporated into your workout routine. Here are some things to think about when incorporating cardio into your workout routine:

1. A cardio workout is a workout that is designed to get your heart rate up and oxygen pumping throughout your body. This could be low- to moderate- intensity steady-state movement. Examples of this could be walking, jogging, or biking.
2. There are many benefits to a cardio workout. As you target the heart, it becomes stronger and more efficient with exercise. The heart becomes able to pump more blood with every beat and can lower your resting heart rate while also helping to reduce blood pressure and cholesterol levels.
3. Always consult with your physician on any changes you want to implement to your exercise routine. Start slow and gradually increase your activity time as you get more comfortable with the new routine.



5 Things to Do Every Day to Keep Your Heart Healthy

Cleveland Clinic



We all know that exercise and keeping a good diet can keep your heart healthy. But, are there other things you can do to keep your heart healthy? Cardiothoracic surgeon Marc Gillinov, MD, explains 5 things to do everyday to help your heart stay strong and work efficiently.

1. Eat healthy fats. NOT trans fats. Trans fats have been shown to increase your risk of developing heart disease or having a stroke over a lifetime.
2. Practice good dental hygiene, especially flossing your teeth daily. Dental health is a good indicator of overall health.

3. Get enough sleep. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or health habits.
4. Don't sit for too long at one time. Recent research has shown that being seated for long periods of time is bad for your health no matter how much exercise you do.
5. Avoid secondhand smoke like the plague. Studies have shown that people who are exposed to secondhand smoke increase their risk of developing heart disease by 25 to 30 percent.

Vitamins and Your Health

Harvard Health Publishing

Are vitamins and mineral supplements good for heart health? According to prior studies, calcium and fish oil have had benefits for heart health. Recently, Calcium has come up for discussion after a 12-year study showed that those who took Calcium were 20% more likely to succumb to heart disease than those who did not take the pills.

Some observational studies have shown links between heart health and higher intakes of certain vitamins, including Vitamins C and E, Beta Carotene, Folic Acid, and Vitamins B6 and B12. The American Heart Association has found that supplements of the vitamins listed above should not be taken to prevent heart disease. There has even been some suggestion that taking Vitamin E supplements can slightly raise the risk of heart failure and strokes.

This is why you should always consult your physician before taking any supplements to be sure they are safe and good for your particular health situation.



YOGA IN YOUR 50S, 60S, 70S- AND BEYOND

AARP THE MAGAZINE

Cardiologist Dean Ornish, MD, made headlines 38 years ago when he claimed that yoga and meditation, along with improvements in diet and exercise habits, could reverse heart disease. Research on this topic has since expanded and and has shown yoga is great for your overall health as you age.

3 reasons to practice yoga in your 50s

- Minimize hypertension
- Strengthen bones
- Keep excess pounds at bay

3 reasons to practice yoga in your 60s

- Reduce anxiety
- Protect your joints
- Build strength and balance

3 reasons to practice yoga in your 70s- and beyond

- Improve balance
- Sharpen your mind
- Boost mood

RECIPE OF THE MONTH

Black-Eyed Pea Salad

American Heart Association



Ingredients:

- 1/4 cup canola or corn oil
- 1/4 cup red wine vinegar
- 3/4 TSP ground cumin
- 1/4 TSP garlic powder
- 1/4 TSP salt
- 1/8 TSP peper
- 1 medium cucumber, chopped
- 1 medium zucchini, grated
- 1 medium bell pepper (any color), chopped
- 2 medium tomatoes, chopped
- 1/3 cup finely chopped red onion
- 1 15.5 oz. can no-salt-added or low sodium black-eyed peas, rinsed, drained
- 1 15.5 oz. can no-salt or low-sodium whole-kernel corn, rinsed and drained

Directions:

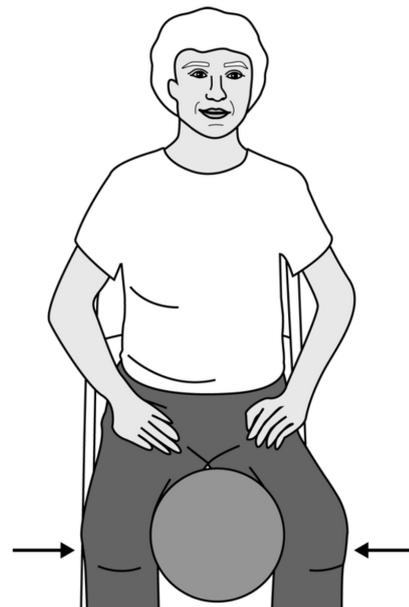
1. In a large bowl, whisk together the oil, vinegar, cumin, garlic powder, salt and pepper.
2. Stir in the cucumber, zucchini, bell pepper, tomatoes, onion, black-eyed peas, and corn.

CHAIR EXERCISE

FRONT ARM RAISES

Sitting toward the edge of a chair with good posture and knees bent, place a ball in between your knees; press the knees together to squeeze the ball, taking about 1 to 2 seconds to squeeze. You should feel the resistance in your inner thighs. Slowly release, keeping slight tension on the ball so that it does not fall. Repeat 8 to 10 times. Rest. Do another set of 8 to 10 repetitions.

Modification: For a greater challenge, change the count of the squeeze by squeezing the ball and holding for 5 seconds, then releasing again. Or, do short, quick pulsing squeezes.



Announcements

Nutrition Education 2021

The Senior Centers will host dietitian-led monthly wellness & nutrition education classes to include interactive discussion, group activities, recipes, and games. We will cover:

Meal planning

Physical activity tips

Building a stronger immune system

Guidance for a happier, healthier you

Along with the group education classes, we will also be offering FREE one-on-one nutrition counseling sessions. Meet with the Open Hand Atlanta dietitian for individual, customized medical nutrition therapy. Learn new skills, stay motivated and improve your health.

Aging Mastery Program:

10 class program that will be held Tuesday/Thursdays from 10:30-11:30 am beginning March 2nd.

Class dates: March 2, 4, 9, 11, 16, 18, 23, 25, 30, & April 1.

Call **706-538-2150** to register by Tuesday, February 23!

Check out the Georgia HealthMatters website at www.georgiahealthmatters.org

Georgia HealthMatters is the statewide website for the evidence-based programs offered at your local senior center. The recently launched website has improvements that allow you to sign-up for programs online, and view articles from this newsletter and past editions.

-Connect with us on social media and stay up to date with everything that's happening! Find us on Facebook at Northeast Georgia HealthMatters and Georgia HealthMatters.



Questions or Comments? Contact us!

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