

This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

Wellness Newsletter

February's Health Focus: *Your Heart*

NEW WELLNESS PROGRAM CONTEST: RACE AROUND ORLANDO! Contest runs from Feb 1st to Mar 31st

What is the Mediterranean Diet?

The Mediterranean diet—high in vegetables, fruits, whole grains, olive oil, and low in dairy products & meat—has long been touted for its health promoting benefits. This diet has come to be viewed as a model diet for good heart health.

Recent studies have hit the press on the benefits of eating a Mediterranean based diet. About 30% of heart attacks, strokes and deaths from heart disease can be prevented in people at high risk if they follow this way of eating. It has also been associated with a decreased risk of cancer, metabolic syndrome,

and cognitive decline. Researchers at Harvard Medical School have linked this diet to decreased cellular aging and living a longer life-span. You should also avoid smoking, excessive weight, sugar and processed foods.

Some tips for getting started: *Eat a variety of vegetables, beans & nuts. *Include more purple & orange fruits. *Eat fish & seafood. *Retain and eat all nutrients foods have to offer. *Eat fruit for dessert. *Try goat or sheep milk/cheese. *Use garlic, herbs & x-virgin olive oil.

Bottom line: Eating healthfully is good for you. And now research shows this diet, along with a healthy lifestyle, allows you to live longer too!

Heart Disease and Diet

A study found that people age 55 to 80 who ate a Mediterranean diet including vegetables, fruit and fish supplemented with nuts or olive oil were at lower risk of heart disease than people on a typical low-fat diet.

Rates of heart attack, stroke or death from heart disease



Total death rates from any cause



Source: New England Journal of Medicine
THE NEW YORK TIMES

Issue: February ~ 2015

What's Happening?

2/6 ~ National WEAR RED DAY - send in your photos!

2/18 ~ Mediterranean Diet
Healthy Eating Series—5 pm at the Rutgers Ext. Center. All are welcome—\$5 class fee. Pre-registration is requested at cmcwellness.org

TAI CHI ~ Every Wednesday at the WC 12:15 & weekly at Social Services (days vary, check Wellness calendar)

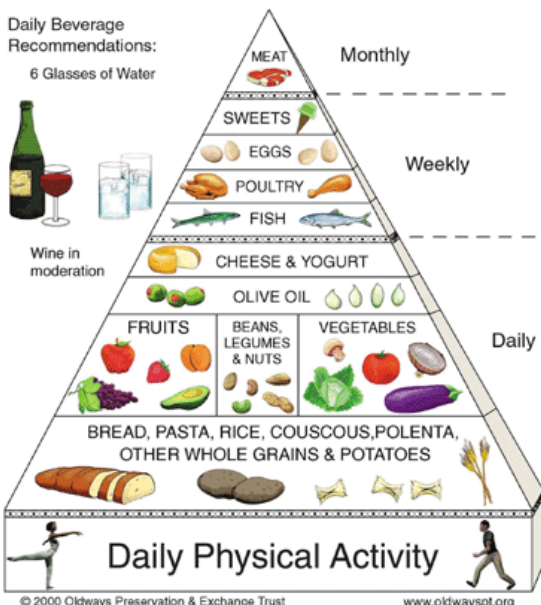
YOGA! Every Wednesday at 5 PM at the WC. Bring your mat and stretch with Kat . . .



DODGE BALL-MANIA CONTINUES !

SOMETIMES YOU HAVE TO STOP THINKING SO MUCH AND JUST GO WHERE YOUR HEART TAKES YOU.

Visit the Wellness Website at: www.CMCWellness.org



(Ref: mayoclinic.org; news.harvard.edu; Boston Globe; forbes.com; American Heart Assoc; cnn.com)