

# Wellness Newsletter

Brought to you by The Wellness Team

February 2016



Each week throughout the year, our Wellness Newsletters will provide you with information to help you and your families live healthier lives. In honor of National Heart Month, our first edition is dedicated to Heart Health.

Heart disease is the leading cause of death for both men and women worldwide and claims more lives than all forms of cancer combined.

The Wellness Team at the New York City Transit (NYCT) encourages you to “Love Your Heart” – today and every day!



## Heart Health Facts

- Each day, your heart beats 100,000 times
- Each minute, your heart pumps 1.5 gallons of blood
- Your heart is a coordinated machine. The RIGHT side pumps blood to your lungs, while the LEFT side pumps it back into your body.
- Happiness and a strong sense of emotional vitality helps lower your risk of heart disease

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## Heart Health Conversation Starters

It can be difficult to talk to a family member or friend about making healthy changes. Use these tips to start a conversation about heart-healthy habits.

Begin by saying that you care.

- “I want you to live a long and healthy life.”
- “I want to help you make healthy changes so you don't have to worry about heart disease.”

Get healthy together.

- Go shopping together for healthy foods. Then cook and enjoy a healthy meal.
- Get active together. A good way to start is to meet every day for a fast walk.
- Encourage each other to get your blood pressure and cholesterol checked.
- If your loved one smokes, encourage him or her to quit today.

## Is a Heart Attack in Your Future?

Click [here](#) and answer these 6 questions to estimate your 10-year risk of having a heart attack:

Hyperlink: <http://cvdrisk.nhlbi.nih.gov/calculator.asp>

## Take Five Minutes (or Less) for Health

Take 1 minute to [listen](#) to this podcast on Heart Health.

Hyperlink:

<http://www2c.cdc.gov/podcasts/download/download.mp3?af=a&f=8638550>

