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Public Health District

## News Release

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### **February is heart month, so let's show our heart some love**

As we enter 2022 and start evaluating our goals, don't forget about your heart. One very important aspect we neglect to address is the heart and our heart is essential for our survival!

Choose one or more of the following activities to keep our heart healthy.

- Choose heart-healthy foods, such as fruits and vegetables, while limiting others, such as saturated and trans fats and added sugars.
- Aim for a healthy weight. A healthy weight for adults is usually when the body mass index (BMI) is between 18.5 and 24.9.
- Manage Stress - emotionally upsetting event, particularly one involving anger, can serve as a trigger for a heart attack or angina in some people. Stress can contribute to high blood pressure and other heart disease risk factors.
- Get regular physical activity, with physician approval.
- Quit Smoking - if you smoke, quit. Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors.
- Get Enough Good Quality Sleep - Sleep plays a vital role in good health and well-being throughout your life. Not getting enough sleep or good-quality sleep over time can raise your risk for chronic health problems.

So, pick a new heart healthy activity to incorporate into your day or continue your regular activities, either way, including as many activities as possible will only positively impact our lives.

Nicole Berosek, Organizational Wellness Coordinator, encourages organizations to educate and allow employees to make healthy choices at work that may impact their lives, but also work productivity. PPHD offers many programs to assist an individual with adopting healthy habits. However, in the workplace, programs are important for behavior change, but workplace culture is key to long-term impact.

Therefore, we encourage organizations to participate and promote, National Wear Red Day on February 4, 2022. Wearing red is all about raising awareness of cardiovascular

disease and helping save lives. Encourage employees to make healthy lifestyle habits and participate in this important day.

For additional information about worksite wellness, visit [www.pphd.org/pwwc.html](http://www.pphd.org/pwwc.html) or call Nicole Berosek at 308-279-3496. Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

References: <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>; [https://www.goredforwomen.org/-/media/GRFW-Files/WRD-2022/2022\\_Wear\\_Red\\_Day\\_Poster\\_English\\_NoSponsors\\_Version2.pdf](https://www.goredforwomen.org/-/media/GRFW-Files/WRD-2022/2022_Wear_Red_Day_Poster_English_NoSponsors_Version2.pdf); <https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>