



Official Newsletter of WIC Worksite Wellness

RHYTHM OF WELLNESS: HEART HEALTHY HABITS

Lauren Flotman & Caitlyn Jones

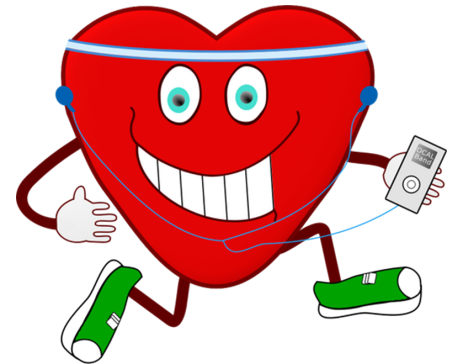


A healthy lifestyle can reduce your risk of heart disease. This is important, because heart disease is the leading cause of death in the United States.^{1,2} Follow these tips for a healthier heart!

- Eating well. This plays a huge role in preventing heart issues. Follow these [easy steps](#) for long-term health and a happy heart.
- Reduce stress and feel better! Stay calm by using positive words, stress relief tricks, and calming activities. Learn more [here](#).
- Sleep well and get active for a stronger heart! Use these [tips](#) for better rest.
- Need Motivation? Check out these [ideas to stay active](#).

CARDIO EXERCISE FOR A HEALTHY HEART

Ashley Henson & Stacy R. Wells



Cardiovascular exercise, also known as “cardio”, is any activity that makes you to breathe harder and increases your heart rate.³ Cardio improves your heart’s ability to pump blood and reduces the risk of heart disease and high blood pressure.⁴

Per week, aim to get at least either 150 minutes of moderately intense aerobic activity or 75 minutes of vigorous aerobic activity.⁵ You can also combine some moderate and some vigorous activity. Explore cardio exercise ideas [here](#). You can also consider incorporating loved ones into your cardio routine. This has two benefits: improved connection and better overall health.⁵ If you are looking for a variety of indoor activities that are suitable for people of all ages, look [here](#).⁶

MANGO AND BLACK-EYED PEA SALSA

Ashley Woo, Jack Galliver, & Kacey Van Duzer



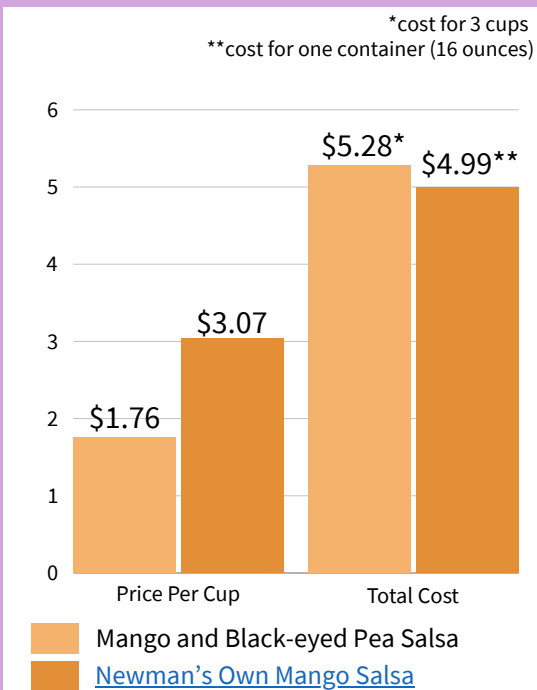
Mango and black-eyed pea salsa is a dish that links North African and Mediterranean diets. Black-eyed peas are a type of legume from Northern Africa and are used in many meals in African Culture. The Mediterranean diet, known for lowering the risk of heart disease, inspires the addition of tropical fruit.⁷ Combining hearty black-eyed peas and sweet mango, this nutritious recipe is a simple way to enhance both your meal and overall health.

Servings: 3

Serving Size: 1 cup

Prep Time: 10 min

PRICE COMPARISON



Ingredients:

Salad:

- 1 (15 ½ ounce) can of black-eyed peas, drained and rinsed
- 1 ½ medium Roma tomatoes, diced
- 1 cup frozen mango, thawed and diced
- 2 green onions, chopped

Dressing:

- 1 tablespoon vegetable oil
- 1 tablespoon white vinegar
- 1 tablespoon lime juice
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

Instructions:

1. In a large bowl, combine all the prepared salad ingredients.
2. In a separate bowl, mix together the dressing ingredients. Then add this mixture with the salad ingredients and mix all components together.
3. Serve immediately by itself or with chicken, tofu, or another protein-containing food. It can also be served as a dip and paired with healthy side options found [here!](#)
4. Cover and refrigerate leftovers for up to 4 hours.

NUTRITION FACTS⁸

Serving size: 1 cup

- Total Calories: 201
- Total Fat: 5 g
 - Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 426 mg
- Carbohydrates: 31 g
 - Fiber: 5 g
 - Total Sugars: 10 g
 - Added Sugar: 0 g
- Protein: 9 g



NUTURE YOUR HEART

John Haubenstricker & Ivette Ramirez



Heart Healthy Home Cooking African American Style

With Every Heartbeat Is Life

Learn about your heart health with Kev! “[Live to the Beat](#)” is an educational toolkit designed by specialists in the Black community. This toolkit educates on how to prevent heart disease with fun facts, tips, and short films like “Kev on Stage.” The host, Kev, invites experts for advice on how to start your heart health journey. Get started today!

If you are looking for good meals that nurture your heart and celebrate African American food, then check out the [Heart Healthy Home Cooking African American Style](#) cookbook. This cookbook has recipes for salads, vegetables, main and side dishes, and desserts. There are even tips for recipe swaps and food safety. Give it a read and try a recipe.



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