

28 Days to a  
Healthy Heart

Heart Healthy  
Recipes

Fitness

**What's Going on**  
in Moscow

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ISSUE

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## Message from the Wellness Committee

### American Heart Month

Heart disease is the leading cause of death for men and women in the U.S. Each year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and Families can work together to create opportunities for people to make healthier choices.

Make a difference in your community. Spread the word about strategies for preventing heart disease, and encourage people to live heart-healthy lives.

Here is an idea to make a difference:  
\* encourage families to make small changes like using spices to season their foods instead of salt.

-[www.heart.org/HEARTORG](http://www.heart.org/HEARTORG)

### February 14th Observances

You can not only make a date with your heart, but also celebrate these:

1. Ferris Wheel Day
2. League of Women Voters Day
3. Library Lovers Day
4. National Have a Heart Day
5. National Organ Donor Day
6. **National Women's Heart Health Day**
7. Pet Theft Awareness Day
8. Quirky alone Day
9. Race Relations Day
10. World - Congenital Heart Defect Awareness Day



## Letter from the Editor

Hello! My name is Amy Kaucic, and I am an undergraduate student at the University of Idaho studying physical education, health and geology. I was born in Pennsylvania, moved to Alaska in 1983, and decided to pursue a degree in 2011. You will find us out running Moscow Mountain, Kamiak Butte, or enjoying our multi-purpose trails.

**I hope you enjoy February's Heart Healthy month!**

Sponsored through  
the support of  
**Dr. Grace Goc  
Karp, Movement  
Sciences Dept.**



# 28 Days to a Healthier Heart

**“WALKING IS THE BEST POSSIBLE EXERCISE. HABITUATE YOURSELF TO WALK VERY FAR.”**

**-THOMAS JEFFERSON**

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February may be the shortest month of the year, but it's enough time to achieve some big improvements in your heart health. Now is the perfect time to think about making one small change each week to lower sodium, get active, and control blood pressure to boost your heart health this month.

[www.cdc.gov](http://www.cdc.gov)

## Get Your Move On!

### Beginner/Sedentary

Week One: Power Walk-20 min for three times per week

Week Two: Power Walk-30 min three to four times per week

Week Three: Power Walk-40 min four to five times per week

Week Four: Power Walk-45 min four to five times per week

### Intermediate

Week One: Light jog or cycle for 20-30 min, 3-4 times per week

Week Two: Light jog or cycle for 30-40 min, 4-5 times per week

Week Three: Medium jog (increase speed) 30 min, 4-5 times per week

Week Four: Medium cycle (increase speed) 40 min, 4-5 times per week

Advanced: Change what you are doing—period. If you run, start doing sprints or increase your distance. If you cycle, start running stairs or increase your mileage. If you use an elliptical trainer, use the step mill or increase your intensity.

### Don't forget about weight

training. It is extremely important to build and maintain muscle before, during and after any weight management program.

The more muscle in your body, the more calories it burns even at rest. Three times per week is recommended.

*In order to avoid the risk of injury, please seek advice directly from your physician, especially if you have an existing medical issue, before beginning any exercise or nutritional program. Also, be sure to stretch after exercise to avoid muscle and joint tightness.*

*Extraordinary Health, Vol 23*

## PUT YOUR HEART INTO GETTING ACTIVE

5 tips to get you going

You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing,

gardening.

Choose activities that suit your lifestyle. While some people exercise alone, others benefit from the support of group classes or teach sports.

Whether indoors or outdoors, find what works for you and get your most vigorous physical activity at the time of day when you feel most energetic, so you'll stick with it.

Aim for 2 hours and 30 minutes of moderate-intensity aerobic activity each week—spending at least 10 minutes at a time. This level of activity can reduce your risk for heart disease and your chances of

developing other risk factors such as high blood pressure, diabetes, and being overweight. It will provide you with energy, reduce stress, and build confidence.

A complete program includes 3 types: Aerobic—brisk walking, jogging, biking; Resistance training firms, strengthens and tones muscles; Flexibility exercises—stretch and lengthen muscles (yoga/tai chi).

Make sure you stay active.

Lose interest?—try joining a gym or with a group of friends. Set short and long term goals; plan ahead & schedule your physical routines so that way it will become a priority.

*The Heart Truth, National Heart, Lung, and Blood Institute (www.hearttruth.gov)*

TRACKING FITNESS with a device can be a great tool to get you moving. Smartphones have apps that are free such as Endomondo, MapmyRun, or you can try a basic wrist device such as:

-\$49 Misfit Flash is an entry level wristband that is waterproof, & does not require charging: Walmart or via online

-\$129 Jawbone UP24 from Inland Cellular or via online that is basic but has a killer app

Basic: tracks steps, calories burned, sleep quality, distance traveled. No fancy screens; unobtrusive

be a part  
of  
**red**  
for  
**heart**

# CHICKEN TORTILLA SOUP-Delicious Decisions

## INGREDIENTS

- 1 lb. boneless, skinless chicken breasts
- 2 cups frozen whole-kernel corn
- 2 cups fat-free, no-salt added chicken broth
- 14.5 oz. canned, no-salt added, diced tomatoes
- 1/4 cup finely chopped onion
- 1 tsp. sugar
- 1 tsp ancho powder
- 2 medium garlic cloves
- 1/4 tsp. salt
- 2 six-inch corn tortillas

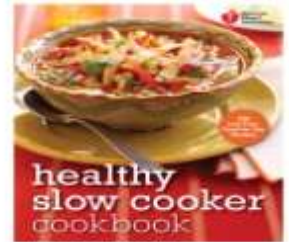
1 six-inch corn tortilla 2 to 4 TBSP snipped, fresh cilantro

- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper

## DIRECTIONS

In a 3 to 4-1/2 quart round or oval slow cooker, stir together the chicken, corn, broth, tomatoes with liquid, onion, sugar, ancho powder, garlic, & salt. Cook, covered, on low for 6 to 8 hours or on high for 3 to 4 hours. Meanwhile, preheat the oven to 350 degrees. Arrange the tortilla strips in a single layer on a baking sheet. Bake for 8 to 10 min, or until crisp. Transfer baking sheet to cooling rack. Let the strips stand for about 15 min., or until cool. Transfer to an airtight container & set aside. When the soup is ready, transfer 1 cup to a food processor or blender. Stir in the tortilla pieces. Let the mixture stand for 1 minute so the tortilla pieces soften. Process until smooth. Stir the mixture into the soup. Stir in the cilantro. Ladle the soup into bowls. Sprinkle with the avocado, bell pepper, and reserved baked tortilla strips.

Nutritional Info: 292 calories and 350 mg sodium



-www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Delicious-Decisions-Cookbook-and-Recipes-from-American-Heart-Association

# Spotlight on Local Teacher



Can you give us your favorite exercise tips? I don't have any formal or routine exercise program, I do stretch each and every morning.

It is only February do you have Spring Fever, and how does that affect you? Yes, I love the sun and being outdoors (especially at the pool or beach!). I enjoy spending time at the pool here in Moscow or at the beach at Priest Lake with my family each summer! I always feel rejuvenated, regardless of the season, when I spend my time in the sunshine!

Did you make any goals for 2015?

Like many working moms, I made a goal for 2015 to try and exercise more, watch my weight, and blood pressure!

Interview with Lena Whitmore Elementary School Principal,



Kendra McMillian.

How do you incorporate exercise into your life?

Thankfully my job as an elementary Principal gives me lots of opportunities to walk each day throughout the hallways and classrooms at Lena Whitmore Elementary! I don't do a lot of sitting at work or at home!!



# February 2015

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1 Community Jam, One World Café	2 Derby Dame Boot Camp, Gladish Center, Pullman	3 Tuesday Night Music Series, Moscow Food Coop	4 Polar Walk, Moscow area schools	5 Inland NW Blood Drive, Gritman Hospital & Irish Music, One World Café; Moscow 1st Thursday 	6	7 Shadows of Black Performance, Univ of Idaho & Great Backyard Bird Count, PCEI
8	9	10	11	12	13	14 Spinning Jam The Yarn Underground, Moscow
15	16 <b>President's Day</b> Trivia Night, One World Cafe	17	18	19	20	21 Nez Perce 50th Anniversary, Spalding N.P.S.
22	23	24	25 Lionel Hampton Jazz Festival begins, 25-28, University of ID		27	28 Red Skirt Scamper, Palouse Mall

### POLAR WALK 2015 and Safe Routes 2 School (SR2S)

Students & their families are encouraged to walk, bike, or glide safely to their respective school on Wednesday, February 4th! Hot chocolate awaits those who do courtesy of Safe Routes 2 School (SR2S)! NEW for 2015: earn points to adopt a polar bear & cub in the Arctic; communicate with classrooms in Norway; kickoff for Moscow Charter School's new alternative transportation program "Walk & Roll." Walk, ride, carpool to the end of the year!

### Red Skirt Scamper

Is a 5K fun walk or run offered by Gritman Hospital. Cost-by donation that supports the wellness and cardiac rehab programs. Register online at Gritman's event calendar or at the door (8 am—Palouse Mall). Begins at 9 a.m. For more info go to [www.gritman.org](http://www.gritman.org).

### Ongoing Local Events

Sundays	Long Runs	Friendship Square Palouse Road Runners	8 a.m. (winter) or 7:30 a.m. (summer)
Tuesdays	Speed Workouts	University of Idaho Track Palouse Road Runners	6 p.m.
Thursdays	Knit Nites	The Yarn Underground, Moscow	5:30 to 8:00
Saturdays	Slow-Poke Runs	Pullman Palouse Road Runners	7:30 a.m.

Contact for Palouse Road Runners: [cpeery@gmail.com](mailto:cpeery@gmail.com)





