

Mansfield Monthly



HEART HEALTH



February is nationally recognized as Heart Health Awareness Month in the United States. Heart Disease along with cancer, are the top 2 leading causes of death for men and women.

Like most major illnesses, improving your day to day lifestyle habits can play a big part in helping to prevent something like heart disease.

More info [HERE](#)

Managing Body Weight

One of the simplest things any of us can do to help our overall health and risk factors is either maintaining a healthy weight or losing excess fat. Being overweight is a common denominator that puts us at a higher risk for various diseases and cancers.

The National Institute of Diabetes, Digestive & Kidney Disorders advise that those who are overweight & reduce their body weight by 5-10% may reduce their risk of cardiovascular disease.

If you are someone who is not at an ideal body weight, just losing any amount of fat will help the cause! Obviously, the total amount of fat loss that would be beneficial will depend on each individual's starting point.

If you could benefit from losing some body fat, continue reading for some simple tips and ideas.

Regular Exercise

This is something we all know we should be doing more of on a consistent basis but many of us struggle with.

If you have a hard time doing some form or exercise on a consistent basis, find a partner to either do it with

you or just help hold you accountable. Having someone to check in with or push you whether it's a coach or just a friend, co worker, etc. who has some similar goals can help you stick to something & achieve a goal much easier.

Nutrition

Focus on the basics. You can get a variety of vitamins/minerals from eating an assortment of whole foods. Lots of veggies & some fruits daily is a great starting point. Typically, the higher amounts of heavily processed foods you consume, the higher your risk for various diseases.

As far as fat loss goes, it's always a game of portions. The main principle of fat loss is consuming fewer calories than you burn. If you are looking to burn some fat, simply making the portions of what you normally eat smaller can be a great starting point.

From there try introducing new things in to your daily eating such as different veggies or fruit instead of focusing on overly restricting things right away.

Environment

What & Who you surround yourself with play a huge role in your general health. There's certain things we cannot control, but you can do an audit of your environment & identify what is helping or hurting your cause.

Figure out how to surround yourself with more things that benefit your health & goals while lowering your exposure to things that may affect them negatively. We are all a product of our day to day environments.

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

Events such as:

- Valentine's Day Dance @ The MCC
- Family Fun Night @ The MCC
- Winter Wonderland Show @ The Library
- Oscar Movie Week @ The Library
- Valentines & other After School Activities @ The Library
- Caregiver Support Group @ The Senior Center.
- Pregnant & New Mom Support Group @ The Library

February

BE WELL NEWS

Please click [HERE](#) for the first Wellness quiz of the year that will count towards the end of year Rewards! Also, Thursday, February 27th we will be holding a cholesterol screening at the MCC from 2:30 - 5:30.

We will have volunteers from the UConn school of Nursing to assist and educate employees on their screenings. As the time gets closer we will send reminders & more details. All employees are welcome to attend!

Survey

If you haven't already, please take a few moments to fill out our survey [HERE](#). We're looking for feedback from employees about things you would personally like to see with the Wellness Program in 2020!

Any and all feedback is appreciated! Thank you.

Go Red for Women

Friday, February 7th is National Wear Red Day to raise awareness about cardiovascular disease, particularly in women.

This is an event that occurs the first Friday of every February as part of the movement by the American Heart Association.

For more information about the cause check out:

Goredforwomen.org

From there you can learn more about the signs & symptoms of heart disease & stroke.



Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

Be Well Wellness

