



## Monthly Health Zone

### February is American Heart Month February 5, 2021 - "Go RED for Women" Day

Every year, since President Lyndon Johnson declared it in 1964, the month of February is National Heart Month and the time for "Go Red for Women" recognition, which was launched in 2004. These efforts help bring awareness of heart disease, our number one killer amongst men and women; killing about 2,300 people per day, more than all forms of cancer combined.

Some of the risk factors that contribute to heart disease are: high blood pressure, obesity, a sedentary life style, and smoking, particularly in men 45 and older and women 55 and older. It is imperative that men and women, and particularly women, begin to recognize the signs of a heart attack such as: shortness of breath, a heaviness across the chest, left arm weakness, and other atypical symptoms, such as fatigue, abdominal discomfort, and even dizziness and/or light-headedness. The good news is that in most cases, heart disease can often be prevented by making healthy choices for yourself and managing your health conditions.

Information about the risk factors, signs and symptoms need to be more widespread. The symptoms and signs of a heart attack, especially among women can be quite elusive. For this reason, "Go Red for Women" was established and the first Friday in February is dedicated to this, so simply wear **RED** to raise more awareness and help support further education and understanding of the complexity of heart disease.

## Weekly Activities to help with self awareness

# 7 Days of **Self-Care**

### #MindfulMonday



Know your **blood pressure numbers** and other heart stats

### #TastyTuesday



Try a **tasty, heart-healthy recipe**

### #SelfcareSunday



Create your **self-care checklist** for the week

### #WellnessWednesday



Put your **heart** into your wellness routine

### #TreatYourselfThursday



Treat your heart to some **relaxation and fun**

### #FollowFriday



Share who **inspires you** to show your heart more love

### #SelfieSaturday



Post about your favorite way to take care of **your heart**

## Eat Better

### Baked Chicken Fajitas Heart Healthy Dinner Choice

#### Ingredients:

- 1 lb. boneless chicken cut into strips
- 1 onion sliced
- 1/2 red bell pepper strips
- 1/2 green bell pepper strips
- 1 can diced tomatoes (no sodium added)
- 2 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/2 tsp. dried oregano
- 2 Tbsp. extra virgin olive oil
- 1 1/2 tsp. Mrs. Dash southwest chipotle

#### Instructions:

- Preheat oven to 400 degrees
- Place chicken strips in greased 13 x 9 baking dish
- In small bowl, combine the oil, chili powder, sw chipotle, garlic powder & dried oregano
- Drizzle the spice mixture over the chicken & stir
- Drain and add the tomatoes, peppers, onions to the dish. Stir to coat
- Bake uncovered for 20-25 min. or until chicken is done and vegetables are tender
- Serve with whole wheat tortilla wraps.
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### Hummus Dip

#### Great for dipping vegetables

#### Ingredients:

- 2 (15oz.) cans chickpeas, drained and rinsed
- 1/2 c. extra-virgin olive oil or more if needed
- 1/2 lemon, juiced
- 2 Tbsp. roughly chopped parsley or cilantro
- 2 cloves garlic, minced
- 1 1/2 tsp. salt
- 1/2 tsp. dark Asian sesame oil
- 1/2 - 1 tsp. ground cumin
- 12-15 grinds of black pepper
- 1/4 c. water
- Paprika for garnish

#### Instructions:

- Combine all ingredients in blender except parsley & paprika
- Blend on low speed until smooth. If too dry, add more EVO
- Scrape hummus onto a plate, sprinkle with paprika.

- *If you have a healthy recipe that you would like to submit, please send it to: [jkytchak@thiel.edu](mailto:jkytchak@thiel.edu)*