

RRB FITNESS CENTER NEWS



DRAWING A BLANK?

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**KNOWING YOUR HEALTH NUMBERS CAN
REDUCE HEART HEALTH RISKS.**

KNOW YOUR NUMBERS

Cardiovascular disease is the number one cause of death across the globe, according to the World Health Organization (WHO). The good news is that your risk for heart disease can often be reduced with preventative screenings and by modifying your diet, weight, physical activity level, and/or tobacco and alcohol use.

Be Good to Your Heart

The first step to improving your heart health is to schedule an appointment with a health care provider to fill in the blanks on your heart health "numbers". For example, a simple [cardiac profile screening](#) can provide a good snapshot of a person's specific risk factors—such as elevated levels of LDL cholesterol, triglycerides, and/or glucose in the blood stream.

Then, once you know your numbers, you can plug them into your [wellness profile](#) (formerly known as HRA) online for a clearer picture of your risk for heart disease. From there, we have information and resources on how to make necessary positive changes to lower your risks.

Here are six things you can do today to improve your heart health:

- Eat more fruits and vegetables
- Exercise regularly
- Manage stress with relaxation techniques, positive thinking, and enjoyable activities
- Skip the salt
- Limit alcohol consumption
- Quit smoking

Numbers to Live By

The Centers for Disease Control and Prevention (CDC) recommends tracking your body mass index (BMI), blood pressure, blood sugar levels, cholesterol, and physical activity to know where you stand regarding your risk for heart disease, high blood pressure (or hypertension), diabetes, and other medical disorders.

Body mass index

BMI numbers can provide the average person a good idea of his or her overall health status. You can use the BMI calculator to the right to find out your index, as a ratio of your height and weight.

Blood pressure

Blood pressure is the force of blood against the heart. It can be a quick and easy measure of your heart and vascular health. Knowing these numbers can be a lifesaver. Systolic pressure is the measure of pressure when the heart

beats. It's usually the higher number. Diastolic is the measure of the pressure when the heart is relaxed. Check your blood pressure at least every two years—more often, depending on your health care provider's recommendations—because high blood pressure usually has no symptoms.

	Systolic	Diastolic
Desirable	less than 120 mmHG	less than 80 mmHG
At risk (pre-hypertension)	120-139 mmHG	80-89 mmHG
High	140 mmHG or higher	90 mmHG or higher

Cholesterol and other blood lipids

Cholesterol is a waxy substance produced by your liver transported to and from cells by lipoproteins. Some types of cholesterol can facilitate healthy blood flow, while other types can start building up on the walls of your blood vessels and restrict the flow of blood to your heart and other organs.

Your cholesterol levels are another important indicator of heart health. A simple blood test can measure the different amounts of cholesterol and triglycerides in your blood. Your health care provider can then determine what steps should be taken to lower them, if they're elevated.

	Desirable levels
Total cholesterol	Less than 200 mg/dL
LDL ("bad" cholesterol)	Less than 100 mg/dL
HDL ("good" cholesterol)	60 mg/dL or higher
Triglycerides	Less than 150 mg/dL

Blood sugar

A test of your blood sugar levels after going eight hours or more without eating (a fasting glucose test) can give your health care provider an idea if you're at risk for diabetes or may already be showing signs of the disease. Simply losing 5 to 7 percent of your total body weight and eating healthier can often help you delay or possibly prevent type 2 diabetes if you are at risk for the disease. Uncontrolled diabetes can raise your risk for heart disease.

Desirable	99 mg/dL or lower
At risk (pre-diabetes)	100 to 125
Diabetes	126 or above

Get the Pulse on Your Health

The [wellness profile](#) (or HRA) is a short survey—about 20 minutes—that you can take to review your daily lifestyle practices. Combined with results from your blood screening, it will help map out potential health risks, including those affecting your heart. This information can empower you to take a more active role in your health and lower your risk of heart disease.

Unlock a Healthier You

Lower your risk for heart disease by:

Being more active

A good place to start is with at least 30 minutes a day of moderately intense physical activity, such as taking a long, brisk walk. This can be broken down into smaller segments (for example, three segments of ten minutes each) as long as they add up to 30 minutes or more per day. Find some physical activity that you enjoy, so that you'll look forward to exercising and can reap the many health benefits of "getting physical."

Achieving and maintaining a healthy weight

Use the body mass index (BMI) calculator on [this page](#) to get your BMI. The desirable BMI range for the average person is between 18.5 and 24.9. If your BMI is above 25, start taking steps to lose weight today. Visit our ["Healthy Weight, Healthy Living"](#) page for effective and healthy ways to slim down.

Not smoking

Smoking is one of the single greatest health risk factors for heart disease. Quitting is not easy, but there are many smoking cessation programs available. Simply visit [OPM's guide](#) to find out how to access your service.

Limiting alcohol consumption

If you drink alcohol, do so in moderation. A general rule of thumb for better health is to limit yourself to one drink or fewer per day if you're a woman and two drinks or fewer per day if you're a man. Visit our [alcohol awareness page](#) for more information on alcohol and heart disease.

In some cases, making these simple lifestyle changes may not be enough to significantly lower the risk for heart disease, so be sure to also talk with your health care provider.

Start Now

Now is the best time to start making positive changes to lower your risk for heart disease. Often, all it takes are some simple—and consistent—lifestyle tweaks. Enjoy your new life and share your secrets with others to encourage them to stay healthy, too.

Workout of the Month

Strength-Cardio-Core

This Strength-Cardio-Core circuit is designed to increase muscular strength and endurance as well as your heart rate. Complete each exercise in 3 to 4 sets and rest as needed. The total time to complete the workout should be 30 to 45 minutes.

1



Dumbbell Floor Press

- Start by lying face up with your feet flat on the floor; hold the weights with your elbows bent at 90 degrees (if you do not have dumbbells, try using something like soup cans or water bottles)
- Keeping your knees bent and your back towards the floor, press the weights up until there is a slight bend in your elbows
- Continue for 3 to 4 sets of 10 to 20 reps

Single Under Jump Rope

- Start by standing with your feet side by side; hold the jump rope at waist height (if you do not have a jump rope you can still mimic the motion with your hands)
- Keeping your chin up and chest lifted, quickly jump off the floor slightly while simultaneously turning the rope
- Continue for 3 to 4 sets of 60-second intervals



2

3



6 Inches

- Start by lying face up on the floor with your hands by your sides or under your butt
- Keeping your legs straight and toes pointed, raise your legs off the floor and hold
- Continue for 3 to 4 sets of 20 to 30-second intervals

Standing Dumbbell Shoulder Press

- Start by standing with your feet shoulder-width apart or staggered; hold the weights at ear height (if you do not have dumbbells, try using something like soup cans or water bottles)
- Keeping your chin up and chest lifted, press the weights overhead until there is a slight bend in your elbows
- Continue for 3 to 4 sets of 10 to 20 reps



4

5



Jump Rope with Ali Shuffle

- Start by standing with your feet side by side and holding the jump rope at waist height (if you do not have a jump rope you can still mimic the motion with your hands)
- Keeping your chin up and chest lifted, alternate shuffling your feet while simultaneously turning your rope
- Continue for 3 to 4 sets of 45 to 60-second intervals

Bodyweight Russian Twist

- Start by sitting on the floor with your knees bent and toes flexed
- Keeping your chin up and chest lifted, alternate twisting your upper body side to side at a fluid pace
- Continue for 3 to 4 sets of 20 reps on each side



6

7



Bent-Over Dumbbell Row

- Start by standing with your feet side by side and holding the weights out in front of you (if you do not have dumbbells, try using something like soup cans or water bottles)
- Keeping your back straight, eyes looking ahead, and elbows in, pull the weights up until your elbows are parallel with your back

Jump Rope with High Knees

- Start by standing with your feet side by side and holding the jump rope at waist height (if you do not have a jump rope you can still mimic the motion with your hands)
- Keeping your chin up and chest lifted, alternate raising your knees to waist height while turning your rope
- Continue for 3 to 4 sets of 30 to 45-second intervals



8

Apple Cinnamon Bars

Apples are sandwiched between two cinnamon crumb layers for a delicious treat.

Number of Servings: 24

Ingredients

- 4 apples (medium)
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1 cup brown sugar
- 1 cup oats (uncooked)
- 1 cup shortening



Instructions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in a mixing bowl. Stir together.
3. Add the shortening to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of a baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into squares. It will fall apart easily.

NUTRITIONAL INFO

TOTAL CALORIES	99
TOTAL FAT	5 G
SATURATED FAT	1 G
CHOLESTEROL	0 MG
SODIUM	53 MG
CARBOHYDRATES	14 G
DIETARY FIBER	1 G
TOTAL SUGARS	7 G
ADDED SUGARS INCLUDED	4 G
PROTEIN	1 G
VITAMIN D	0 MCG
CALCIUM	8 MG
IRON	0 MG
POTASSIUM	49 MG

Notes

- You can use applesauce (16 ounces) or canned apples in place of fresh apples. You can use either peeled or unpeeled apples.