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RUTGERS

New Jersey Agricultural
Experiment Station

Deskercise!

- Neck Push: Keeping your head upright, hold the palm of one hand against your forehead, and press your head forward, resisting with your palm. Hold for 10 to 15 seconds. Now clasp your hands behind your head, and press head backward, resisting with your hands. Hold for 10 to 15 seconds. Repeat series to the left and right.
- Ready for Fight: Sit erect in a chair. Raise arms so elbows are flared in an outward position and hands are at shoulder level in front of your body. Keep hands at shoulder level and raise your elbows as high as you can.
- For more deskercises, visit: <http://uclivingwell.ucop.edu/deskercise>

Remember to consult your doctor before you begin any exercise program.

Healthy on the Job!

Workplace Wellness Newsletter

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Focus: Heart
Health

Heart
Healthy Issue

Cholesterol



Did you know that high cholesterol levels can increase your risk of having heart disease? Since cholesterol is already produced in the body, eating too much can create an excess. Excess cholesterol in blood vessels can prevent blood from flowing to the heart and cause a heart attack. There are many misconceptions that circulate about cholesterol. One of the most common is that all cholesterol is bad cholesterol. This is not true! There are ac-

tually three kinds of cholesterol: HDL, which helps to keep the arteries from clogging and protects against heart disease; LDL, which causes blockages to arteries and causes heart disease; and triglycerides, which can also raise the risk for heart disease. Most people do not exhibit warning signs for high cholesterol until it is too late. A good way to assess your cholesterol level and risk for heart disease is to ask

your doctor for a cholesterol test. Your results will indicate your total cholesterol level (a healthy number is under 200). Once you have the results, you and your doctor should discuss ways to prevent high cholesterol levels.

Source: "Cholesterol." *FDA Fact Sheet*. National Heart, Lung, and Blood Institute Health Information Center. <http://www.nhlbi.nih.gov/health/>

High Blood Pressure

Hypertension, (high blood pressure) is called the "silent killer" because it doesn't cause problems until it is severely high, and it can cause organ damage or death if left untreated. One of the most important things you can do to protect your heart is have regular blood pressure readings, and learn to understand them! There are two numbers in the measurement.

The first is systolic, or pressure when your heart is pumping. This number should be less than 130. The second number is the diastolic measurement, or the pressure between heartbeats, and the number should be less than 85. Several factors can cause high blood pressure, including obesity, heavy alcohol use, high salt intake and aging. There are two ways

to treat hypertension: lifestyle change and medication. Speak with your doctor to determine your ideal treatment! Source: *Heart Disease: Get to the Heart of the Matter*. Shore Memorial Hospital Publication. 2003.

Q—If one in three US adults has high blood pressure but one in three who have it don't know, what does that mean?

A—You should get your blood pressure taken! And discuss what the numbers mean with your physician before you find yourself in a risky situation.

Recipe of the Week

Chicken Breasts Stuffed with Ricotta and Goat Cheese

Makes 4 servings

4 boneless skinless chicken breast halves, all fat discarded

7 ounces fat-free ricotta cheese

2 ounces soft goat cheese

2 tbsp fresh parsley

1tbsp fresh chives

1 8oz can no-salt-added tomato sauce

2 tsp salt-free Italian herb seasoning

1 1/2 tsp chopped fresh oregano

1 medium garlic clove, minced

1/4 tsp ea. salt and pepper

1. Preheat oven to 350F. Lightly spray a 1-quart casserole dish with vegetable oil spray. In a small bowl, stir together ricotta, goat cheese, parsley and chives. In another bowl, stir together tomato sauce, herb seasoning, oregano, garlic, salt and pepper.

2. Put the chicken with the smooth side up between two pieces of plastic wrap. Lightly flatten the breasts to a thickness of 1/4 inch, being careful not to tear the meat.

3. Spoon about 1/4 of the stuffing (first bowl) down the middle of each breast. Starting with the short end, roll up the breast jelly-roll style. Place the breast in the prepared casserole dish with the seam side down. Repeat with the other breasts. Spoon the sauce (second bowl) over the breasts.

4. Bake, covered, for 40 to 45 minutes, or until the chicken is no longer pink in the middle.



Nutrition Information Per serving: 236 calories; 5.5 g fat; 81 mg cholesterol; 481 mg sodium; 7g carbohydrates; 1 g fiber; 36 g protein

Recipe from: www.americanheart.org

The American Heart Association recommends eating a low-cholesterol, low-saturated fat diet to reduce the risk of heart disease and stroke. Here are some cooking tips to help your diet be more heart friendly:

-Reduce saturated fat in meat and poultry by selecting lean cuts, trimming all visible fats, broiling rather than pan-frying, eating chicken and turkey over duck and goose, removing skins from poultry, limiting processed meats like bologna and sausage, and restricting organ meats such as liver, sweetbreads, kidney and brain.

-Choose seafood at least twice a week.

-Reduce the meat in your meal by substituting veggies or beans.

-Cook fresh vegetables the low-fat, low-salty way by using a tiny bit of vegetable oil and water.

-Use liquid vegetable oils (canola, safflower, sunflower, soybean or olive) in place of solid fats (butter, lard or shortening).

-Substitute egg whites for whole eggs.

-Puree fruits and veggies for baking. Try applesauce in oatmeal cookies, bananas in muffins, or zucchini in brownies.

-Lower dairy fats (use 1% or skim instead of whole).

-Increase fiber and whole grains.

-Reduce sodium by using herbs instead of salt.

Top Web Sites for Additional Info

www.getmovinggethealthynj.rutgers.edu The Get Moving Get Healthy NJ initiative features links to resources, articles and fact sheets related to healthy lifestyle.

www.mayoclinic.com/health/heart-healthy-recipes Check the Mayo Clinic for a database of heart healthy recipes.

www.nhlbi.nih.gov/health The National Heart Lung and Blood Institute offers information on cholesterol, and high blood pressure.

**“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”—
Doug Larson, English Racer**

The DASH Diet

The DASH eating plan (Dietary Approaches to Stop Hypertension) has been shown to reduce blood pressure. The DASH plan is rich in fruits and vegetables, low-fat dairy products, moderate in total fat, and is low in saturated fat and cholesterol. The US Department of Health & Human Services also recom-

mends reducing your salt and sodium intake. Two tips from the DASH plan: Use spices rather than salt to season food, and use fresh poultry, fish and lean meat, rather than canned, smoked, and processed.

Look for the DASH Diet plan at: www.nhlbi.nih.gov