



HEART HEALTH

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Heart Health is one of the most important indicators of overall health. It's only one organ, but **it is the center of the whole operation**; without the heart and cardiovascular system, the rest of your organs would not receive the oxygen needed to perform regular functions. It also helps remove waste from the blood.

As can be expected, if the heart goes down, much of the body's other essential systems will go along with it. In fact, **the number one cause of death in the United States is heart-related illness.**

The Heart of It: Move More

- 10 minutes of walking is like walking the length of a football field
- 2.5 hours of walking every week for a year is like walking across Wyoming.
- 30 minutes of tennis is like walking a 5k.
- 1 hour of dancing per week for a year is the equivalent of walking from Chicago to Indianapolis.
- 20 minutes of vacuuming is like walking a mile.
- 30 minutes of shopping every other week for a year is like walking an entire marathon.
- Dancing burns about twice as many calories as any walking activity; in other words, you can burn the same amount of calories in half the time if you simply dance!
- Even raking the lawn compares to the amount of calories burned by water aerobics.

STEPS TO A HAPPY HEART

9 Signs You Shouldn't Ignore

- * Nausea, Indigestion, or Heartburn
- * Radiating Pain to Arms or Legs
- * Dizziness or Lightheadedness
- * Swollen Ankles, Feet, Legs
- * Chest Discomfort
- * Throat/Jaw Pain
- * Exhaustion
- * Sweating
- * Snoring

Live Smoke Free: Smoking can be a strain on your heart, lungs, and cardiovascular system.

Monitor Your Blood Pressure: The numbers you should aim for are around 120/80.

Maintain a Healthy BMI: Your BMI, or body mass index, should be around 25. It takes into account your age, height, and weight.

Get Active: You'll want at least 2.5 hours of moderate exercise per week at a minimum or 1.5 hours of vigorous activity per week. Get pumpin'!

Eat Heart-Healthy: Fruits, vegetables, whole grains, and fish are all very important! Be certain to limit sodium, sweets, and fats.

HEALTHY RELATIONSHIPS



Relationships are essential to healthy and happy living. Of course, for any individuals involved in a relationship, disagreements and conflict come with the pleasure of trusting and being vulnerable with another person.

Disagreements and conflict, however, are not the mark of a poorly founded or unhealthy relationship. Rather, it is when at least one person consistently feels **trapped, manipulated, unrepresented, or unconsidered** over the course of a long relationship which may suggest an unhealthy relationship.

To keep a relationship healthy, make sure you establish a strong connection with your partner. Be open about the things you like, the things you don't like, the things you are willing to try, and the things you want to someday accomplish. The last point may be one of the most important, as **a partner who is willing to support your dreams or ideas is showing they want to be around** for whatever future awaits you.

Vulnerability is always important to a relationship as well. Allowing your long-term partner to see the parts of you that are, to you, perhaps undesirable, embarrassing, or unestablished may lift some of the burden of dealing with those things on your own. As well, it **gives your partner an insight** into what kinds of situations, words, or circumstances might be a precursor to a particularly stressful time for you, thus allowing them to **offer comfort earlier** and more effectively.

Qualities of a Healthy Relationship

- ◆ Fun
- ◆ Trust
- ◆ Respect
- ◆ Honesty
- ◆ Equality
- ◆ Kindness
- ◆ Independence
- ◆ Healthy Conflicts
- ◆ A Comfortable Pace
- ◆ Taking Responsibilities

Qualities of an Unhealthy Relationship

- ◆ Unfair Resolutions to Disagreements
- ◆ Pressure to Quit Activities You Like
- ◆ Pressure to Change Who You Are
- ◆ No Time Made for One Another
- ◆ Unequal Control of Resources
- ◆ Manipulation
- ◆ Physical Violence
- ◆ Lack of Privacy
- ◆ Pressure to Agree

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www.seta.net/staff-resources/wellness-safety-awareness-program

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