

WELLNESS CONNECT



Heart Health

Author: Hannah Johnson, Registered Dietitian with One to One Health

February is Heart Health Month! Do you know what your cholesterol level is? What about your blood pressure? This month's newsletter gives you heart health tips, ways to manage stress, and reasons to quit smoking.

Knowing your cholesterol, high-density lipoprotein (HDL), low-density lipoprotein (LDL), and blood pressure numbers will give you an idea of how healthy your heart is. Once you know where you stand, you can take action to prevent disease and keep your heart healthy!

Heart Health Tips

To help get your heart in tip-top shape, make sure to:

- **Exercise-** Your heart is a muscle. Make sure to work it! The Physical Activity Guidelines for Americans recommends 150 minutes of moderate-intensity activity a week and resistance training twice a week. Exercise can help decrease blood pressure, lower blood sugar, aid in weight management, and decrease stress.
- **Eat Well-** Eat plenty of fruits, vegetables, whole grains, nuts, and legumes. Make sure to eat quality, lean protein. Avoid the "bad" fats, such as trans fats and saturated fats. Limit added sugars and be aware of your sodium. Most Americans get too much sodium per day from processed, canned, and fast food. For more tips on heart-healthy eating, click [here](#).
- **Quit Smoking-** Smoking is a risk factor for heart disease and stroke. Smoking can also cause atherosclerosis.
- **Stress Management-** High-stress levels can lead to high blood pressure, which puts strain on your heart. Stress can also cause bad habits, like eating junk food, physical inactivity, and drinking alcohol or smoking.
- **Talk with your Healthcare Provider-** If you have any questions about your heart health or want to know what your numbers are, reach out to your Healthcare Provider and set up an appointment today!

To learn more about how to manage your stress and reasons to quit smoking, click [here](#). To schedule an appointment at any HCS EdHealth & Wellness clinic, call 423-558-3111.



HCS EDHEALTH & WELLNESS

Clinic services are available to Hamilton County Schools employees, spouses, dependents, and retirees enrolled on an HCS insurance plan.

Clinic services are provided to you at no cost!

Clinic Hours:

HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours: Mon & Thurs: 9am-11am

Sat: 8am-12pm

HCS Hixson

4206 North Access Road
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday; Closed

Walk-in Hours: Wed & Fri: 1pm-3pm

HCS Riverfront

1067 Riverfront Parkway, Suite 201
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours: Tues: 9am-11am

Contact us today to learn more!

P: 423-558-3111

E: patientserviceshcsde@121.health

www.hcsedhealth.com