



Peak Performance

Spring into Heart Health: Walk your way to wellness

Spring is here, and with it comes the urge to ditch the indoor activities and soak up the sunshine. But beyond the good vibes, getting outside this season can do wonders for your heart. In fact, regular physical activity is one of the most effective ways to prevent heart disease, the leading cause of death over the past century.

Exercise: Your heart's workout buddy

Simple activities like walking, biking, or even playing frisbee in the park can significantly lower your risk of high blood pressure, heart disease, and even stroke. Can't get outside? Chair or bed stretches and exercises can still get your heart rate up. It's like giving your heart a workout, strengthening its muscle and improving its overall function.

The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity exercise per week. This can be spread throughout the week in shorter bursts, making it easier to fit into your busy schedule. Even small amounts of extra activity, like taking the stairs instead of the elevator or parking farther away from your destination, can make a difference.

Every step counts

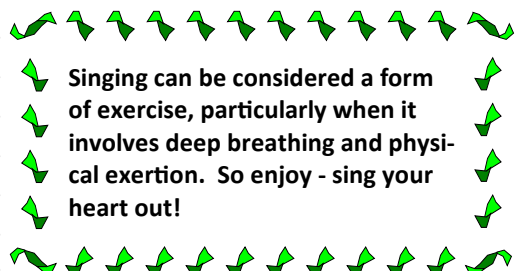
So, this spring, lace up your shoes, grab your bike, step outside, or just add some extra movement to your normal routine. Every move you make, every moment spent enjoying nature, is a step towards a healthier heart.

Carrum Health



Inside this issue

Spring into Heart Health: Walk your way to wellness.....	Page 1
The Road Ahead: Preparing for a Healthy Spring and Summer, Peak Performers.....	Page 2
Exercising your Lungs.....	Page 3
Heart Health, Staying Healthy.....	Page 4



Singing can be considered a form of exercise, particularly when it involves deep breathing and physical exertion. So enjoy - sing your heart out!

The Road Ahead: Preparing for a Healthy Spring and Summer

As we head into spring and anticipate the warmer months, now is the perfect time to set your sights on a heart-healthy spring and summer. The seasons offer a great opportunity to build on the habits you've already started or perhaps introduce new ones to complement your cardiovascular health goals.

If you've been consistent with exercise and eating more healthy, keep up the great work! Perhaps you can increase the intensity or try new activities. Summer brings an abundance of fresh, heart-healthy foods like berries, leafy greens, tomatoes, and fish, so why not challenge yourself to incorporate more of these into your meals? Additionally, spending more time outdoors can naturally reduce stress, boost your mood, and offer opportunities to stay active.

If you've found that sticking to your resolutions has been difficult, remember that progress is a journey, not a destination. Instead of feeling discouraged, use the change in season as motivation to reframe your approach. It's never too late to make positive changes, and small, sustainable habits will have a lasting impact on your heart health.

So, how are you doing on your health resolutions? Reflecting on your cardiovascular goals after Heart Month can be an eye-opening exercise to help you understand where you are and where you want to be. As we look forward to spring and summer, let's continue to prioritize our heart health. Whether it's getting more active, eating heart-healthy foods, reducing stress, or improving sleep, every effort counts. Your heart will thank you now and for years to come!

Golden State Heart & Vascular

Congratulations

2025 1st Qtr. Peak Performers

<u>Name:</u>	<u>Agency:</u>	<u>METS:</u>
Dyllon Cluff	Forestry	18.6
Chad Grape	Wildlife	16.1
Jerry Simpson	Forestry	17.1
Connor J. Friel	Wildlife	19.3
Jeremy Geoffroy	Parole & Probation	16.4
Kevin McCarville	SNAMHS	16.1

Exercising your Lungs

You already know exercise is good for you. You probably think about the way it can boost your fitness, trim your waistline, strengthen your heart and even improve your mood. But did you know that exercise can also help keep your lungs healthy?

How Does Exercise Strengthen the Lungs?

When you are physically active, your heart and lungs work harder to supply the additional oxygen your muscles demand. Just like regular exercise makes your muscles stronger, it also makes your lungs and heart stronger. As your physical fitness improves, your body becomes more efficient at getting oxygen into the bloodstream and transporting it to the working muscles. That's one of the reasons that you are less likely to become short of breath during exercise over time.

Some types of exercise can also strengthen the neck and chest, including the diaphragm and muscles between the ribs that work together to power inhaling and exhaling.

The Benefits of Exercise

Exercise has lots of benefits for everyone, whether you are young or old, slender or large, able-bodied or living with a chronic illness or disability. Physical activity can reduce your risk of serious illness, including heart disease, stroke, diabetes and some forms of cancer, including lung cancer. Being active can help you stay active, by strengthening bones, improving flexibility and agility, reducing weight gain and improving sleep. Regular exercise is good for your head too. It can reduce feelings of anxiety and depression, improve attention and memory, and reduce the risk of dementia, including Alzheimer's disease.

What Types of Exercise and How Much?

National guidelines recommend that all adults get 30 minutes of moderate physical activity five days a week. It doesn't have to be a formal exercise program to be beneficial. Some examples of moderate activity include walking briskly, recreational bicycling, gardening and vigorous housecleaning.

Both aerobic activities and muscle-strengthening activities can benefit your lungs. Aerobic activities like walking, running or jumping rope give your heart and lungs the kind of workout they need to function efficiently. Muscle-strengthening activities like weightlifting or Pilates build core strength, improving your posture, and toning your breathing muscles. Breathing exercises in particular can strengthen your diaphragm and train your body to breathe more deeply and more effectively.

Some Things to Keep in Mind

Always talk to your doctor before you start or modify your exercise routine. This is especially important if you have an underlying health condition.

Avoid exercising outdoors when pollution levels are high. When the air is bad, walk indoors in a shopping mall or gym or use an exercise machine. Limit the amount of time your child spends playing outdoors if the air quality is unhealthy.

American Lung Assoc. 11/20/24





Heart Health



The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.

Given the heart's never-ending workload, it's a wonder it performs so well, for so long, for so many people. But it can also fail, brought down by a poor diet and lack of exercise, smoking, infection, unlucky genes, and more.

A key problem is atherosclerosis. This is the accumulation of pockets of cholesterol-rich gunk inside the arteries. These pockets, called plaque, can limit blood flow through arteries that nourish the heart — the coronary arteries — and other arteries throughout the body. When a plaque breaks apart, it can cause a heart attack or stroke.

Although many people develop some form of cardiovascular disease (a catch-all term for all of the diseases affecting the heart and blood vessels) as they get older, it isn't inevitable. A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease. Lifestyle changes and medications can nip heart-harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage. And a variety of medications, operations, and devices can help support the heart if damage occurs.

Harvard Medical School

Staying Healthy

Achieving and maintaining good health means adopting healthy lifestyle habits, from consuming nutritious foods and getting regular physical activity to prioritizing sleep and reducing stress.

Dietary patterns that are most closely linked to a longer, healthier life tend to focus on unprocessed or minimally processed foods like fruits, vegetables, legumes, whole grains, and nuts as well as fish and healthy fats.

Physical activity can mean going for long walks, riding your bike, gardening, playing pickleball, or regularly participating in any activity you enjoy. Exercise lowers your risk for serious health problems, strengthens and tones your muscles, helps preserve independence, and boosts your mood.

Restorative sleep is similarly vital to your health and wellbeing, as is managing stress. Regular checkups, screening tests, and other preventive health measures are also important.

Over time, these efforts will pay dividends. You'll be rewarded with more energy, improved mobility, less pain, a brighter outlook, and enhanced physical and mental health.

Harvard Medical School

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-1757 or email her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Jackson at (775) 291-7881 or email Laura.Jackson@WTWco.com for a consultation in regard to addressing your risk factor(s) or