



February 2017
It's **HEART** month!

BARNES COUNTY ON THE MOVE

701-845-6456

www.barnesonthemove.org

info@healthyheartprogram.com

AICR Health Talk

Q: Do strength-training exercises provide the same kind of protection against chronic disease as aerobic exercise like walking?

A: Each of these types of exercise provide benefits, but we get the most health benefits by making sure to get both strength-training (resistance exercise) and aerobic exercise (such as walking, swimming and gardening). Both seem to help your body use insulin better, which helps control blood sugar and reduces risk of type 2 diabetes.

This affects other aspects of health, too, because the body doesn't need to produce the high levels of insulin that seem to promote growth of some cancers and raise blood levels of triglycerides linked to risk of heart disease. A lot of exercise research focuses on people with type 2 diabetes or prediabetes, because they are likely to have inflammation in addition to insulin resistance.

Some research shows no difference between aerobic and strength-training exercise to reduce all of these health risks, and some research shows aerobic exercise slightly more effective. However, an analysis of 14 studies shows that the combination of both aerobic and strength-training exercise is the most effective. Even when exercise doesn't lead to weight loss, it promotes overall health directly. Don't let the scale be the only judge of how physical activity is "working" for you.



The scale doesn't define overall health!

"Even when exercise doesn't lead to weight loss, it promotes overall health directly...don't let the scale be your only judge of how physical activity is working for you."

Find ways to include aerobic physical activity every day and strength-training two to three days each week.

Karen Collins, MS, RDN, CDN, FAND
American Institute for Cancer Research

Reprinted with permission from American Institute for Cancer Research: <http://www.aicr.org/press/health-features/health-talk/2015/09-september/strength-training-disease-prevention.html>

You can count sources we cite to provide evidence-based facts & information!

February is Heart Month

Currently, affecting **1 in 3 adults** in the United States, hypertension has been called a silent threat because the condition itself has no symptoms. However, the effect on your body can become life-threatening over time.

Controlling your diet and lifestyle at all stages of life, regardless of race or ethnicity, can help keep your risk for hypertension in check.



• What You Can Do About High Blood Pressure:

The first thing you can do is visit your doctor for routine checkups. Even though high blood pressure rarely shows symptoms, the abnormal force of blood through the arteries, over time, can cause damage to your internal organs, including your heart, blood vessels and your kidneys. Thus, chronic hypertension increases the risk for heart disease and other serious health issues.

• Eat to Reduce Risk:

Individuals who are at risk for high blood pressure may be advised to follow certain dietary guidelines. The **Dietary Approaches to Stop Hypertension** Diet is rich in fruits and vegetables and low in fat and sodium. Studies show that DASH can lower your blood pressure. While DASH benefited participants of all ages, the highest improvements were in middle-aged individuals—typically an age where rates of cardiovascular disease are greatly increased.



EATRIGHT.ORG



ON THE MOVE Incentive Gifts:

- Available on Wednesday, March 1st at the Barnes County Extension Office.
- **Participants enrolled through their employers can pick up incentive gifts at their place of business.**
- Free fruit/veggie coupons will be valid March 1st through April 30th.

Cholesterol Screenings @ City-County Health District

There are two types of cholesterol: "good" and "bad." Too much of one type — or not enough of another — can put you at risk for coronary heart disease, heart attack or stroke. It's important to know the levels of cholesterol in your blood so that you and your doctor can determine how to lower your risk.

Weds, Feb. 15th 7-9am

Screening Reminders:

- Screening Cost: **\$35.00**
- **No alcohol** for 3 days prior
- Call **845-8518** for appointment
- May **take meds** prior to the appointment
- **Nothing to eat** 12 hours prior to appointment



American Heart Association

life is why™

Free

VCSU Students Plan FREE Tours @ Gaukler Wellness Center

January 17- March 8

Tuesdays 9:00-10:00 am

Wednesdays 6:00-7:00 pm

One-on-one tours of equipment!

Reminder: check in at front desk of Gaukler Wellness Center when attending ON THE MOVE classes

Don't Miss these Classes!

Host: Sue Milender Toppen, LRD, NDSU Extension

Making Sense of Sensory Losses

Thursday, February 2 at 5:00 pm, Barnes County Courthouse Basement

- *Sensation is the physical and mental process that allows us to receive information from our surrounding environment through the ears, skin, tongue, nostrils, eyes and other sense organs.*

Pulse Freezer Meals

Tuesday, February 28 at 12:00 pm and 6:30 pm, Barnes County Courthouse Basement

- *Provides tips about making homemade, healthful convenience foods using pulse foods.*