



A monthly communication for all Ellis Medicine employees.

FEBRUARY is HEART HEALTH MONTH

Small lifestyle changes can make a big difference!

Small, consistent lifestyle changes can help prevent heart disease. Here are 10 tips, from UCLA Health, to maintain a healthy heart!

1. **Stay active-** Ideally, aim to get your heart rate up for at least 30 minutes, 5 days a week. However, any movement is good for your heart-so keep moving! Always consult your primary care physician before beginning a new routine.
2. **Maintain a healthy weight-** Obesity increases the risk of heart attacks, heart failure and diabetes. Practice healthy dietary habits and portion control combined with physical activity to maintain a healthy weight.
3. **Stop smoking!** Smoking damages lungs and negatively affects heart health. Once you stop smoking, your odds of developing heart disease drop rapidly! Visit [SPHP](#) to register for a **FREE** Butt Stops Here tobacco cessation class!
4. **Limit consumption on red meat, sugar and unhealthy fats-** Avoid too many processed and fast food and add fruits and vegetables to your diet.
5. **Reduce your salt intake-** Re-train your tastebuds to become accustomed to a lower-sodium diet by removing salt from recipes. Try adding just a dash after food is prepared. It will take some time, but you will notice subtle flavors again.
6. **Monitor your cholesterol levels-** High cholesterol is a risk factor for heart disease. If you have not had your numbers checked in the past year or two, now is the time. Look for upcoming Know Your Numbers Screenings in April!
7. **Know your blood pressure-** High blood pressure is also a risk factor for heart disease and stroke. Many people don't even know they have high blood pressure. Visit us at Know Your Numbers Screenings in April to check yours!
8. **Know your blood sugar levels-** Over time, high blood sugar can lead to diabetes, a major risk factor for heart disease. You can also get your blood sugar checked at Know Your Numbers!
9. **See your doctor regularly-** Regular medical visits are a great way to prevent cardiovascular disease. Always follow prescribed directions for medications as well!
10. **Reduce stress-** Stress is a significant risk factor for heart disease, especially in women! Try meditation, yoga, Tai Chi or deep breathing.

Source: <https://www.uclahealth.org/news/article/10-tips-better-heart-health>

Follow Healthy ME Online & Win!

This month's winner: Lisa Catalano

Two Steps: Go to ellishealthyme.org, enter your email address (Ellis email is preferred but not necessary) where it says "Follow" then "confirm follow" from the email confirmation that is sent to you. You will be entered to win prizes and receive Healthy ME related communications. **It's mobile friendly!**

MVP Living Well Programs Open to ALL!

Visit <https://www.mvphealthcare.com/members/resources/health-wellness/healthy-lifestyle> to see all programs and select registration. All LWP are open to members and non-members and are qualifying wellness activities for the 2026 Wellness Passport on Passport 4 Good!



LWP calendar

EAP and Financial Webinars:

EAP Registration Provides 24-hour post-webinar content access and P4G credit!

EAP: Tools for Caregivers

Feb. 11 | 12 PM

This training will present an overview of the challenges facing caregivers, discuss common signs that may be affecting your physical and mental health, and guide you through new strategies for coping.

Register at:

https://us02web.zoom.us/webinar/register/WN_AmydhSg_RPKzL_n6GisoqA#/registration

EAP: Foundations of Mindfulness

Feb. 26 | 12 PM

Participants will be equipped with various mindfulness tools, including progressive muscle relaxation, grounding exercises, mindful eating, deep breathing, meditation, guided imagery, gratitude, and more.

Register at:

https://us02web.zoom.us/webinar/register/WN_3yfClp37SuytVprlAX_2w#/registration



Broadview FCU: Debt Knockout

Feb. 5 | 12 PM

Join us to learn how to tackle your debt, step-by-step, and manage your credit in the future.

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_hbvf1DR9RZyLkm7aULp2FQ#/registration

Broadview FCU: Understanding and Managing Credit

Feb. 26 | 12 PM

Join us and learn about:

- Credit scores and credit reports
- Tips for obtaining credit and improving it
- How to manage credit responsibly

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_qLeMo2D3RoG3GBXiB3-yYQ#/registration

Corebridge Financial: Tax Planning

Feb. 19 | 12-1 PM

Register at:

<https://my.valic.com/SeminarRegistration/availableSeminars.aspx?csr=Nt8mdlt5PAW8bHN0WR13QvyD3qPEzGMipp+0m52gQjY=&AvlSeats=True>

Apple Chicken Salad

A deliciously balanced blend of crisp Cameo apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce

Ingredients

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)



Instructions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

Nutrition Facts: Serving size: 1/4 of recipe (makes 4 servings)

Calories 328 kcal, Total Fat 13g, Saturated Fat 2g, Sodium 299mg, Total Carbohydrate 33g, total Sugars 26g, Added sugars 0, Dietary Fiber 4g Protein 21g, Cholesterol 66mg

Source: <https://www.myplate.gov/recipes/apple-chicken-salad>