

# HEALTH AND HUMAN SCIENCE NEWSLETTER



## BITE-SIZED WISDOM WITH AMANDA CELEBRATE HEART HEALTH MONTH WITH THESE DIET AND EXERCISE TIPS:

February is Heart Health Month, a time to raise awareness about cardiovascular health and encourage lifestyle changes to prevent heart disease—the leading cause of death in the United States. Key risk factors include high blood pressure, high cholesterol, obesity, diabetes, smoking, inactivity, and family history.

Symptoms such as chest pain, shortness of breath, and fatigue should not be ignored. To promote heart health, adopt a balanced diet rich in fruits, vegetables, whole grains, and healthy fats, like those found in the Mediterranean diet. This diet emphasizes minimally processed foods, olive oil, and moderate intake of fish and poultry, shown to reduce cholesterol, inflammation, and blood pressure.

Physical activity is equally essential, with the American Heart Association recommending at least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous activity per week, paired with resistance training two to three times weekly. Activities like brisk walking, swimming, and weight training improve circulation, manage weight, and strengthen muscles. By combining a heart-healthy diet, regular exercise, and smoking cessation, you can significantly lower your risk of heart disease. Use this month as an opportunity to prioritize your heart health and embrace a lifestyle that supports long-term well-being.

### CURRENT/UPCOMING COMMUNITY PROGRAMS:

#### BE HEART SMART

FEBRUARY 5,12,19,26 5-7PM  
HENDRICKS COUNTY 4H  
GROUNDS AND COMPLEX

#### COOKING WITH HERBS AND HERB BENEFITS

MARCH 13, 6-7  
BROWNSBURG PUBLIC  
LIBRARY

#### CHEF UNIVERSITY

MARCH 26, 27  
HENDRICKS COUNTY 4H  
GROUNDS AND COMPLEX

#### A MATTER OF BALANCE

APRIL 8,15,22,29, MAY 6, 13,  
20.27  
HENDRICKS CO. GOVERNMENT  
BUILDING

### HEART HEALTHY RECIPE:

#### SLOW COOKER VEGETABLE TURKEY SOUP

Servings 6 Serving Size 2 cups

##### Ingredients

- 1 pound ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28-ounce can no-salt-added tomato sauce
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning, crumbled
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

##### Directions

- Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.
- Cook, covered, on low for 8 hours, or until the turkey is no longer pink.

