

# Health & WELLNESS



February 2021

## THE CDC LISTED THE TOP 7 CHRONIC DISEASES IN AMERICA

1. Heart Disease
2. Cancer
3. Chronic Lung Disease
4. Stroke
5. Alzheimer's Disease
6. Diabetes
7. Chronic Kidney Disease

## THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASES

1. Lack of Exercise
2. Poor Nutrition
3. Tobacco Use
4. Excessive Alcohol Use

## Wondering what chronic conditions are most prominent to those in Ministry positions?

*Then stay tuned, the answers will be in the March Health & Wellness Newsletter! Also, find out the preventative measures you can take to fight against these diseases!*

**Click [here](#) to subscribe to our newsletters. You can also see our previous newsletters by visiting [www.epc.org/benefits/newsletter](http://www.epc.org/benefits/newsletter).**

**Your feedback is valuable! What health related topics would you like to see in the Health & Wellness Newsletters? Send your suggestions to [April.Hair@epc.org](mailto:April.Hair@epc.org)**

## Are you struggling with motivation to work out?



Did you know that even the most seasoned, habitual exercisers struggle with that “I don’t feel like working out,” feeling. Trainers and professional athletes deal with it, too. Here, they explain how to get yourself to work out, even if it’s the *last* thing you feel like doing.

Click **here** to read:

**[12 Clever Ways to Convince Yourself to Work Out](#)**

## February is American Heart Month!

### What is heart disease?



The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart.

Decreased blood flow can cause a heart attack. Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.

Symptoms may include chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

They may also include swelling of the feet, ankles, legs, abdomen, or neck veins.

For more information regarding heart disease click [here](#)

**SOME FUN FACTS ABOUT THE HEART** published by Healthline Newsletter

- ◆ The heart can continue beating even when it's disconnected from the body.
- ◆ Whales have the largest heart of any mammal.
- ◆ Most heart attacks happen on a Monday.
- ◆ Christmas day is the most common day of the year for heart attacks to happen.
- ◆ The human heart weighs less than 1 pound. However, a man's heart, on average, is 2 ounces heavier than a woman's heart.
- ◆ A woman's heart beats slightly faster than a man's heart.
- ◆ The beating sound of your heart is caused by the valves of the heart opening and closing.
- ◆ Death from a broken heart, or broken heart syndrome, is possible but extremely rare.
- ◆ Heart cells stop dividing, which means heart cancer is extremely rare.

## A Healthy Recipe Your Kids Will Love!



### Spinach Corn Casserole

Recipe Source: *Delicious Heart Healthy Latino Recipes*

- ½ tsp ground black pepper
- ½ C toasted bread crumbs
- 2 Tbsp grated parmesan cheese

Prep time: 10 min.  
Cook time: 40 min.  
Yields: 12 servings  
Serving size: ½ c

### Ingredients

- 1 package (16 oz) chopped frozen spinach
- ½ C minced white onion
- ¼ C chopped green onions
- 2 cans (14¾ oz each) creamed corn
- 1 Tbsp canola oil
- 2 tsp vinegar
- 1 tsp salt

### Directions

- Preheat oven to 400 °F.
- Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
- Combine spinach, onions, creamed corn, canola oil, vinegar, salt, & black pepper in a casserole dish.
- Mix bread crumbs and parmesan cheese together, and spread over top of casserole.
- Bake for 20 to 30 minutes. Serve warm

**Phil. 4:6-7** "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

The Word of God has many verses about stress. To quickly access those verses click [here](http://openbible.info) (openbible.info)

## FIGHT STRESS WITH HEALTHY HABITS put out by the American Heart Association

### Slow down

Plan ahead and allow enough time to get the most important things done without having to rush.

### Snooze more

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

### Let worry go

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

### Laugh it up

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

### Get connected

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

### Get organized

Use "to do" lists to help you focus on your most important tasks & take big projects one step at a time.

### Practice giving back

Volunteer your time or spend time helping out a friend. Helping others helps you.

### Be active every day

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

### Give up bad habits

Too much alcohol, tobacco, or caffeine increases blood pressure. Cut back or quit to decrease anxiety.

### Lean into things you can change

Make time to learn a new skill, work towards a goal, or to love and help others.