

The Stall Street Journal

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A Wellness Taskforce Publication for health news, events and resources.

HEALTH BENEFITS OF PETS

Most households in the United States have at least one pet. Why do people have pets? There are many reasons. Some of the health benefits of pets are listed below.

Pets can decrease your:

- Blood pressure
- Cholesterol levels
- Triglyceride levels
- Feelings of loneliness

Pets can increase your:

- Opportunities for exercise and outdoor activities
- Opportunities for socialization



What is HDL?

About one-fourth to one-third of blood cholesterol is carried by high-density lipoprotein (HDL). **HDL cholesterol is known as "good" cholesterol**, because high levels of HDL seem to protect against heart attack. Smoking, being overweight and being sedentary can all result in lower HDL cholesterol. **To raise your HDL level, avoid tobacco smoke, maintain a healthy weight and get at least 30-60 minutes of physical activity more days than not.**

RISK RANGES: HDL CHOLESTEROL

For Men:

<40Low; (considered a risk factor for heart disease)
40-59Acceptable
>60High; Optimal; (associated with lower risk)

For Women:

<50Low; (considered a risk factor for heart disease)
50-59Acceptable
>60High; Optimal; (associated with lower risk)

FEBRUARY IS
HEART HEALTH
MONTH



ONE EFFECTIVE EXERCISE!

WALKING

Why it's a winner:

You can walk anywhere, anytime. Use a treadmill or hit the streets. All you need is a good pair of shoes.

How to:

If you're just starting to walk for fitness, begin with five to 10 minutes at a time. Add a few minutes to each walk until you get to at least 30 minutes per walk. **Add time to your walks before you quicken your pace or add hills.**



Grapefruit!

This fruit's name is derived from how it grows on the tree, clustered like bunches of grapes.

How To Select

Choose grapefruits with thin, smooth, firm blemish free skins that are heavy for their size.

How to Store

Store grapefruits at room temperature for 1 week or under refrigeration for 2 to 3 weeks.

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; high in vitamin A; high in vitamin C.

