



# Hello, GoodNEWS Wellness Club Member!

**See What's Happening In the GoodNEWS Flash!**

February—March 2010

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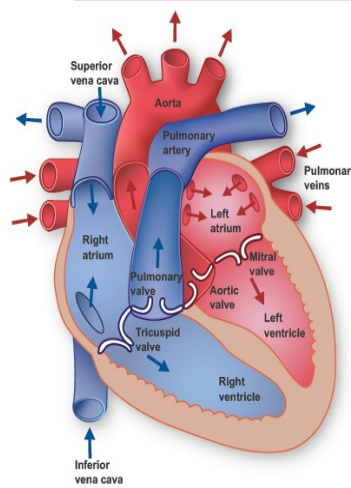
## Heart Facts for Heart Health Awareness Month!

Did you know...

- The heart weighs between 7 and 15 ounces and is a little larger than your fist.
- By the end of a person's long life, the heart may beat (expanding and contracting) more than 3.5 billion times.
- The heart beats an average of 100,000 times a day.
- The heart pumps about 2,000 gallons of blood a day.
- Your heart and circulatory system make up your cardiovascular system.
- Your heart works as a pump that pushes blood to the organs, tissues, and cells of your body.
- If all the vessels of this network in your body were laid end-to-end, they would extend for about 60,000 miles (more than 96,500 kilometers), which is far enough to circle the earth more than twice!

(Source: The Texas Heart Institute— St. Luke's Episcopal-www.texasheartinstitute.org)

### Seven goals for achieving ideal cardiovascular health:



- Never smoked or quit more than a year ago.
- Body mass index, a measure based on weight and height, less than 25.
- Physical exercise -- at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity each week.
- At least four key components of a healthy diet, such as fewer calories, more fruits and vegetables, and oily fish, such as salmon, four times a week.

- Total cholesterol lower than 200.
- Blood pressure below 120/80.
- Fasting blood sugar below 100.

(Source: Medline Plus)

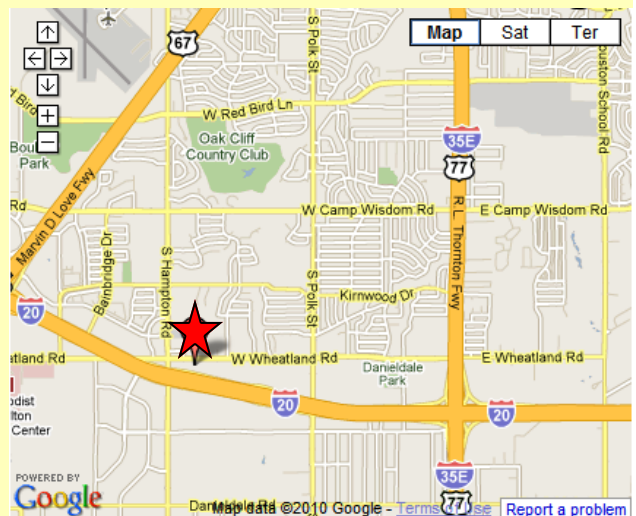
### Wellness Club Members: We're counting down the days to our Re-Measurement Events!

**Measurement Event Dates/Times:**

Sat, April 10	7 am – 2 pm
Wed, April 21	7 am – 11 am
Sat, April 24	7 am – 2 pm
Sat, May 15	7 am – 2 pm (make-up day)

**Location:**

Friendship West Baptist Church  
2020 West Wheatland Rd.  
Dallas, TX 75232



Your LHP and a GoodNEWS staff member will be contacting you to find out which date you plan to attend. If you wish to contact us instead, please call the GoodNEWS team at 214-648-3321 or email GoodNEWS@utsouthwestern.edu.

See next page for last reminders →

## Last Reminders for the GoodNEWS Re-Measurement Events:

**3 HOURS** – Allow about 3 hours for completion of all measurements. We will try to get you through the lines as quickly as possible.

**FASTING** - Remember to fast for 12 hours prior to coming. Please drink plenty of water! This will help your blood to flow more smoothly for your blood test.

**MEDICATIONS** - Please take any medications that are prescribed to you (e.g. blood pressure medications) prior to coming. If your medication requires food, please bring it with you to the measurement event to take immediately following blood test.

**Questions?** Please talk to your Lay Health Promoter or contact a GoodNEWS team member at 214-648-3321 or GoodNEWS@utsouthwestern.edu

***Let's show our community we care about our health - SEE YOU THERE!***

***Check out the GoodNEWS Goodie trivia question for a chance to win a prize!***

GoodNEWS Goodie trivia question: Whose heart beats faster?

A. Women      B. Men

Send us your answer by going to the GoodNEWS website ([www.goodnews-trueliving.com](http://www.goodnews-trueliving.com)), by emailing us at GoodNEWS@utsouthwestern.edu or by calling us at 214-648-3321. The winner will be selected from the correct answers submitted, and will be announced in the next GoodNEWS Flash.

## Healthy Recipe:

### *Greens with Apples, Walnuts, Blue Cheese and Balsamic Vinaigrette*

#### Ingredients:

##### For Vinaigrette:

2 Teaspoon of finely chopped shallots  
1 1/2 Tablespoon Balsamic Vinegar  
1 Tablespoon olive oil  
Salt to taste  
Finely ground black pepper

##### For Salad:

4 cups red or green leaf lettuce washed and torn into bite sized pieces  
2/3 apple, cored and thinly slices  
2 tablespoons walnuts  
4 tablespoons blue cheese

#### Cooking instructions:

##### The Vinaigrette:

1. Place all the ingredients in a container with a tight fitting lid, and shake well.
2. Salt and pepper to taste.

##### The Salad:

1. Toss the lettuce and apples with the vinaigrette in a bowl.
2. Place salad on serving plate and sprinkle with walnuts and blue cheese.

##### Serving Size:

1 cup of salad and 2 tablespoons of vinaigrette.



#### Nutrition information:

Calories: 210  
Fat content: 20g  
Saturated fat: 4g  
Sodium: 277mg  
Carbohydrates: 7g  
Fiber: 2g