

# HIGHWAY TO WELL & SAFETY

## LOVE YOUR HEART

February is all about heart and it's important to keep several things in mind in making sure your ticker keeps ticking normally.

1. **Manager stress**— This can play a role in higher blood pressure, heart rate and breathing rate.
2. **Get enough sleep**— Poor sleep can increase your risk of high blood pressure.
3. **Control your cholesterol**— High cholesterol contributes to plaque which can clog arteries and increase risks of heart disease and stroke.
4. **Manage weight**— This reduces chances of developing high blood pressure and helps the blood circulatory system.
5. **Eat healthy**— A diet filled with fruits, whole grains and legumes improves blood pressure and can fight heart disease.
6. **Know your blood pressure**— Hypertension is a major risk factor when it comes to heart disease. Get this checked once a year.
7. **Get moving**— Inactive people are more likely to have a heart attack. Build up to at least 150 minutes of moderate exercise a week.
8. **Stop smoking**— Smoking and vaping can cause damage to your heart.
9. **Limit alcohol**— Too much alcohol can raise your blood pressure and linked to more than 200 diseases and injury conditions.

Reference: Sources across the web and provided by Google.

## WHEN YOU GET THE SPINS

It's a feeling of spinning that one can get when too much consumption has transpired. However, vertigo can occur at any time and for different reasons.

**What is vertigo?** It is the sensation of movement, or of surround objects moving when they're not. It can also be accompanied by nausea, hearing loss, blurry vision, headaches, balance impairments and so forth.

**Why does it occur?** Vertigo can be traced to a malfunction of the vestibular system which includes the inner ear and parts of the brain connected to balance. Common causes are ear infections, benign paroxysmal positional vertigo (BPPV-calcium carbonate crystals in the inner ear are displaced), vestibulopathy (causes brain to think that your head is moving when it's not) and migraines.

**How can you get the spinning to stop?** It will always depend on what's causing it, but lying down or sitting in a dark room may help. Antibiotics for infections, or even antihistamines. BPPV can be helped with a series of head movements. Vestibulopathy can be helped with rehab exercises to help brain recognize the faulty signal.

If you are dealing with vertigo, please contact your PCP for guidance.

**Reference:** Prevention Magazine. February 2024 Issue. Pages 58-59.

### Last Month's Winners:

Robert Bleddes  
Sally Winchester  
Holly Lintvedt

### Small Giveaway:

Sound Spa plus Facemask

#### **How to enter:**

Email the  
Employee Relations email.  
Subject Line: Sound Sleep  
No later than February 26th 10am

### Meet with a Financial Advisor:

February 22, 2024  
February 28, 2024  
Review Katelyn Thurs 2/5 email

### Retirement Workshop:

February 20th  
Via Zoom  
Spots still available  
Review Linda Ramirez 1/23 email



## PERFECT FOODS FOR YOUR HEART

On this heart filled month, let us be lovely to our own hearts by consuming foods that will help it.

**Avocados:** Excellent source of monosaturated fats.

**Tomatoes:** Has anti-inflammatory properties.

**Beans:** Helps balance blood sugar and aids appetite control.

**Leafy greens:** Lowers risk of coronary heart disease.

**Walnuts:** Reduces cholesterol and inflammation.

**Berries:** Help regulate good cholesterol and blood pressure.

**Sweet potatoes:** High in potassium; helps w/ blood pressure.

**Turmeric:** Protects against plaque formation in arteries.

**Oats:** Can reduce total cholesterol.

**Flaxseeds:** May lower blood pressure, cholesterol, and blood sugar.

**Broccoli:** Can help support healthy blood vessel function.

**Reference:** Prevention Magazine. February 2024 Issue. Pages 32-33.

## AIR FRYER STUFFED MINI PEPPERS



### INGREDIENTS:

- 1 pound mini sweet peppers
- 4 ounces prosciutto
- 1 (6.5 ounce) package spreadable cheese (Garlic & Herb Soft Spreadable Cheese)

### INSTRUCTIONS:

1. Preheat the air fryer to 350°F. Cut each pepper in half lengthwise, remove seeds and stem.
2. Slice prosciutto into pieces the size of pepper halves, and lay one piece in each pepper half. Spread 1 tablespoon cheese into each pepper half. If prosciutto hangs over pepper sides, fold it upward to cover cheese.
3. Air fry until cheese is very warm and soft, about 5 minutes. Enjoy!

[Recipe](#)

## **BRAIN STRAIN**

To enter this month's drawing, you must answer all 5 questions. Email your responses to [employee-relations@countyofdane.com](mailto:employee-relations@countyofdane.com) by the 26th 10am. Please include your name, job location and choice of prize. Consider picking more than one prize as there are limited quantities.

### PRIZE:

Water Bottle 32 oz.	Bike Light Set	Bike Lock 4 ft.	Bike Light Set
Skipping Rope	Exercise Dice	Stretch Slant Board	Walk 6 Mile Mix DVD
Non-skid ab roller	1000pc Bloom Flowers Puzzle	Exercise Ball Kit	Meal Prep on a Budget
TaiChi for Beginners DVD	Ship Wooden Art Puzzle	Cast Iron Cookbook	Jumbo 400 Puzzles Book
Muscle Roller Stick	Foot roller	Titleist Golf Sleeve + Tees	Resistance Band Set

### PUZZLE: Do you know your eyes?

1. In which part of the eye does sight begin?  
A. Retina    B. Optic nerve    C. Cornea    D. Pupil
2. Carrots can help you see better.  
A. True    B. False
3. Which of these habits boosts your risk of age-related vision issues such as cataracts and macular degeneration?  
A. Not practicing good contact lens hygiene    B. Smoking    C. Rubbing your eyes
4. Blue light blocking glasses are the best way to prevent eyestrain.  
A. The jury is still out.    B. Yes, everyone who uses digital screens should have a pair.    C. They're a marketing gimmick.
5. Don't worry about wearing sunglasses in winter; the sun isn't that strong.  
A. True    B. False