



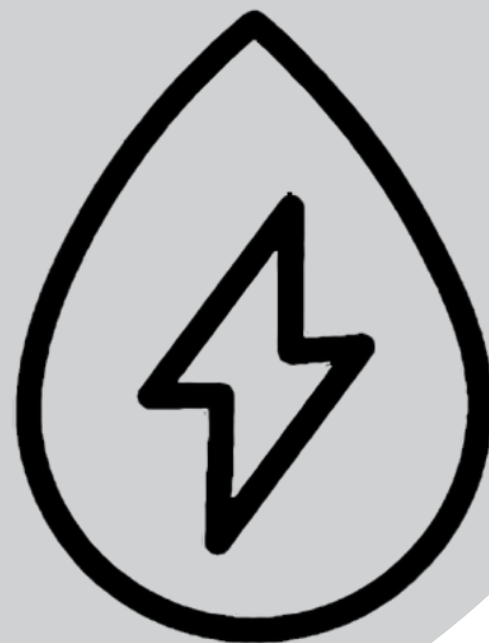
CFW Elements to the Heart

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Corporate
Fitness
Works®

The Elements of CFW



Movement

Activities to address all components of physical fitness.



Connection

Programs to increase interaction build community and reduce isolation.



Nutrition

Recommendations for balanced eating to fuel activities of daily living, physical activity, and lifestyle goals.



Recharge

Activities designed to relieve and prevent stress.

These elements are carefully woven into our methods for designing and delivering programs and services customized to each of our clients' unique work environments.

Heart Health

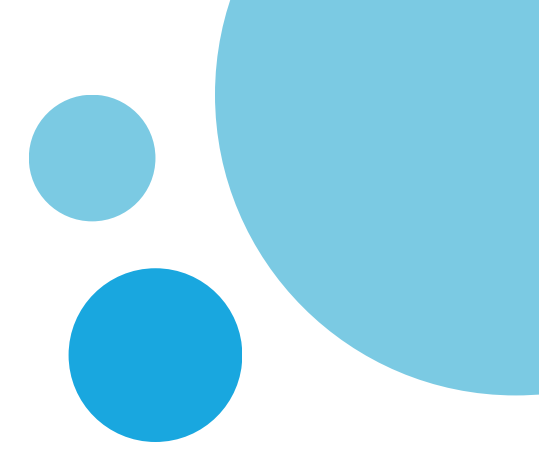
Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease.

Risk Factors for Heart Disease:

- High Blood Pressure: a consistent systolic reading over 140 mm/Hg or higher or diastolic readings of 90 mm/Hg or higher.
- High Blood Cholesterol: have a blood test drawn for LDL, HDL, and Triglyceride numbers.
- Overweight or Obesity: A body mass index of 25 and over is considered overweight and into obesity.
- Prediabetes/Diabetes
- Smoking
- No physical activity
- Family history: Check with your family for health history.
- Unhealthy Eating Behaviors
- Women 55 or older or Men 45 and older



Movement



Physical Activity Guidelines for Americans:

- 150 minutes of moderate-intensity aerobic physical activity
- 75 minutes of vigorous-intensity aerobic physical activity
- A combination of both moderate and vigorous activity

Regular physical activity can:

- Help you lose excess weight
- Improve physical fitness
- Lower many heart disease risk factors such as “bad” LDL cholesterol levels, increase “good” HDL cholesterol levels, and manage high blood pressure
- Lower stress and improve your mental health
- Lower your risk for other conditions such as type 2 diabetes, depression, and cancer.



Remember to talk with your healthcare provider before starting a new exercise plan! The best part about being physically active, is that there are so many options and you get to choose!

Connection

Social connections are important for our survival. Research shows that social connectedness can lead to a longer life, better health, and improved well-being.



Characteristics of Social Connectedness

- Having meaningful and regular social interactions
- Sense of support from friends, families, and others in the community
- Sense of belonging
- Having more than 1 person to turn to for support: emotional and physical support
- Feeling loved, cared for, valued, and appreciated by others

Health Benefits of Social Connection

- Social outcomes can help prevent serious illnesses and outcomes:
 - Heart disease
 - Stroke
 - Dementia
 - Depression and anxiety
- Social connection with others can help:
 - Improve your ability to recover from stress, anxiety, and depression
 - Promote healthy eating, physical activity, and weight
 - Improve sleep, well-being, and quality of life

Recharge

Stress can contribute to high blood pressure and other heart disease risk factors. Some cope with stress in a negative way, for an example, alcohol or overeating.

To improve your mental and physical health, learn how to manage stress and cope with problems. Consider these healthy coping and stress-reducing mechanisms:

- Practice meditation or yoga
- Trying relaxation techniques
- Being physically active
- Talking to a professional counselor
- Participating in a stress management program
- Talking with friends, family, and community or religious support systems



Nutrition

Heart-healthy eating involves choosing the right foods while limiting others such as saturated fats and added sugars.



Vegetables

All vegetables are great, but leafy greens especially, are great for heart health! They are low in calories, high in fiber, and nitrates. Add spinach, lettuce, arugula, cabbage, parsley, radishes, and beets to your diet!



Fruits

Most fruits are rich in vitamin C and betacarotene. These antioxidants work to prevent or slow down atherosclerosis. Add oranges, strawberries, kiwi, cantaloupe, grapes, prunes, blueberries or apples in daily.



Grains

When selecting grains, make sure to choose whole grains, such as plain oatmeal, brown rice, and whole-grain bread or tortillas.



Dairy

Fat-free or low-fat dairy options are great for the heart! Unflavored milk, yogurt, and cheese can be a part of a heart-healthy diet!



Protein

Proteins are a great source of energy and can help lower risk for heart disease. Protein rich foods include fish, lean meat (95% lean ground beef, pork, chicken, or turkey), eggs, nuts, seeds, and soy products, and legumes!



Oils

When choosing oils, choose ones high in monounsaturated and polysaturated fats: canola, corn, olive, sesame, sunflower, and soybean oils, nuts (walnuts, almonds, and pine nuts), nut and seed butters, avocados, and tofu.

CFW Elements to the Heart: Summary



Our Values

Corporate Fitness values you and your health and wellness! Our team is driven to help members succeed with their goals by having fun every step of the way!

Taking these steps to a healthy heart should be challenging and enjoyable. Rather thinking of what to cut out of your life cold turkey, see how you can add in the good and minimize the bad one step at a time.

Now, we challenge you to follow the CFW Elements to the Heart to live a Healthy Heart lifestyle!

Thank you!



References

- Corporate Fitness Works - <https://corporatefitnessworks.com/>
- National Heart, Lung, and Blood Institute - <https://www.nhlbi.nih.gov/health/heart-healthy-living>
- Centers for Disease Control and Prevention - <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm#:~:text=People%20with%20stronger%20social%20bonds,Heart%20disease.>
- Harvard Health - <https://www.health.harvard.edu/heart-health/keep-heart-disease-at-bay-with-a-salad-a-day>