

Share the Journey

Month 1 – Cardiovascular Disease

“Walking is man’s best medicine” – Hippocrates

Cardiovascular or heart disease is the most common cause of death in the U.S. This process is related to the narrowing of arteries that supply blood to your body, which can lead to heart attack, stroke, arrhythmias, and heart valve problems among others. Risk factors for these problems include high blood pressure, diabetes, smoking, obesity, poor diet, physical inactivity, and excessive alcohol. Lifestyle has the most significant effect on reducing risk of heart disease. Studies show that walking can decrease the occurrence and risk of death from an event. Walking reduces the risks by lowering blood sugar, maintaining blood sugar control, and reducing weight gain.

Action Tip:

- **Walk (aerobic exercise) for 30 minutes every day. This can be broken into 10-minute sessions with the same benefits. Remember, this is dedicated time outside of what you do at work.**

Here is a link for how to prepare for walking if you are new to regular physical activity:

http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Walking_UCM_460870_SubHomePage.jsp

“Let food be thy medicine and medicine they food” – Hippocrates

Healthy Eating

Eating healthier *types* of fat can help lower blood cholesterol levels and improve your heart health. Avoid eating foods that are high in saturated fat such as ground beef, sausage, butter, and full fat dairy products (cheese, milk, cream) – these foods increase your blood cholesterol. Instead, eat foods with unsaturated fats such as avocado, nuts, seeds, and plant-based oils (such as canola or olive oil). Try this recipe for avocado dressing as a way to top your salads with healthier types of fat.

Avocados grow plentifully in Guatemala and are a popular compliment to many Latino dishes.

Avocado Dressing

Ingredients:

- 1 ripe avocado
- ½ cup 100% orange juice
- 2 tablespoons lime juice
- ½ teaspoons garlic salt

Directions:

1. Cut avocado in half. Remove pit and scrape flesh out of peel.
2. Combine all ingredients in a blender or food processor. Blend until smooth. Use as a salad dressing or dip.

Aderezo de Aguacate

Ingredientes:

- 1 aguacate Maduro, pelado y sin hueso
- ½ taza jugo de naranja 100% natural
- 2 cucharadas de jugo de limón verde
- ½ cucharada de sal de ajo

Preparación:

- En el vaso de la licuadora, agregue el aguacate, los jugos de naranja y limón y la sal de ajo. Cubra con una tapa segura y licue hasta que quede cremoso.