



# Words of Wellness

February 2021

# Make Every Beat Count



February is Heart Health Month! Give your heart the care it needs. Getting routine check-ups with your provider, exercising and eating healthy are a few ways to help prevent heart disease. Here are some ideas for healthy eating:

- Eat fewer processed foods and more whole foods- think fruits, vegetables and whole grains!
- Control portion size to achieve a healthy weight
- Limit your sodium intake to prevent high blood pressure (read food labels!)
- Avoid saturated and trans fats that could raise your cholesterol levels.
- Choose lean, skinless poultry and fish over red meat! Did you know beans and lentils are also great alternatives?!

## Upcoming Virtual Events!

Emotional Wellbeing  
Ongoing Group Sessions  
Tuesdays 2/16/21-3/16/21  
5PM-6PM  
RSVP:  
[Kimberlie.rew@premisehealth.com](mailto:Kimberlie.rew@premisehealth.com)

Diabetes Prevention  
Program  
12-week ongoing group  
sessions  
Wednesdays 4:30 PM  
Starting 2/17/21  
For more information or to  
RSVP:  
[Lisa.sehy@premisehealth.com](mailto:Lisa.sehy@premisehealth.com)

\*see attached flyers for  
details!





## Did you Know?

Nearly half of Americans are living with high blood pressure. Many people don't even know they have it, which is why it's referred to as the "silent killer." Most of the time there are no obvious symptoms indicating high blood pressure. However, when left untreated, the damage that it does to your circulatory system is a significant contributing risk factor to stroke, heart attack and other health threats.

The best way to know if you have high blood pressure is to have it checked. A normal blood pressure is less than 120/80. If you are curious about what your numbers mean or how the Granite Wellness Center can help support you in your heart health journey, give us a Call!



**The Granite Wellness Center**  
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**801-964-9355**

*Be Happy, Be healthy,  
and let all that love  
flow through your  
heart.*

*-Maharishi Mashesh*