



# ChallengeME MONTHLY MINUTE

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Monthly topic:

## Heart Health

Working from home mixes multiple aspects of life, which can be a recipe for stress. For those accustomed to large offices and co-worker interactions, it's a drastic change. Even those who usually work at home are now also juggling added responsibilities and concerns. The following strategies can help you stay healthy and bring life into balance:

Develop a schedule - Decide when to wake up, work, exercise, eat, and play.

Designate a workspace at home - Having a dedicated workspace can help with concentration and productivity while establishing boundaries with others in the household.

Stay physically active - Staying active helps keep you healthy, both physically and mentally.

Eat healthy - Try new recipes and focus on making healthier decisions.

Avoid social isolation - If you live alone or feel marooned, connect with others through social media, group chat, video calls, or an old-fashioned phone call.

Focus on the positive - Allow time for your own relaxation. Have kids? Arrange virtual play dates or enjoy a family game night.

### Spinach Salad with Orange Vinaigrette



6 oz. fresh spinach  
2 medium Italian plum (Roma) tomatoes (sliced crosswise)  
1 oz. crumbled soft goat cheese (1/4 cup)  
1 Tbsp. imitation bacon bits  
2 Tbsp. sliced almonds (dry-roasted)  
2 tsp. olive oil (extra virgin preferred)  
2 medium green onions (thinly sliced)  
1/4 cup fresh orange juice  
2 Tbsp. white wine vinegar  
1 Tbsp. light brown sugar  
1/8 tsp. pepper



In a large serving bowl, make one layer each, in order, of the spinach, tomatoes, goat cheese, bacon bits and almonds.

In a small skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 1 to 2 minutes, or until almost soft, stirring occasionally. Stir in the remaining dressing ingredients. Simmer for 1 to 2 minutes, or until the brown sugar is dissolved and the mixture is heated through, stirring occasionally. Pour over the salad.

### Know Your Numbers

There are four numbers that every woman should know in order to take control of their heart health. These numbers are:

1. Total Cholesterol
2. Blood Pressure
3. Blood Sugar
4. Body Mass Index (BMI)

Knowing these numbers can help women and their health care provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life - their hearts depend on it.

Here's how:

#### 1. Understand Risk Factors

- There are some you can control, like blood pressure, smoking, cholesterol, lack of regular physical activity, and some you can't control, like age, gender, and family history.
- That's why it is important to **Know Your Numbers**, learn your **Family History**, and discuss all risk factors with your health care provider.

#### 2. Know Your Numbers

- Four numbers can change your life - Total Cholesterol, Blood Pressure, Blood Sugar, and Body Mass Index (BMI).

#### 3. Take Action and Manage Your Numbers

- Schedule a separate visit with your health care provider to learn these numbers and commit them to memory.
- **Speak with a DOT Health Coach who can help you lower your risk factors.**
- Work to improve your numbers, if necessary.

### National Wear Red Day!

Wear red to raise awareness about cardiovascular disease and save lives on **February 5th!**

Send your photos to Janice Arsenault  
[Janice.arsenault@maine.gov](mailto:Janice.arsenault@maine.gov)

### Upcoming Heart Health Events

- Maine Go Red Luncheon - Digital Experience  
Date: Tuesday, March 30, 2021 - 12:00 PM
- Maine Heart Walk - Digital Experience  
Date: Sunday, May 16, 2021 - 09:00 AM

Visit [heart.org](http://heart.org) and search for these events for more information!

**Coming Up** March: Nutrition

Comments, questions, ideas, or submissions?  
Please email: [kara.a.aguilar@maine.gov](mailto:kara.a.aguilar@maine.gov)