HealthyLife®
LETTER

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DISINFECTING
your home safely

It's a good idea to regularly disinfect surfaces in your home. This can help prevent you or others from getting sick. Here's how to do it safely:

- Check that your disinfectant is EPA-approved. Look for an EPA registration number on the product.

- Read all the directions and warnings on the package.

- Use soap and water first if the surface is dirty. Then apply your disinfectant.

- Let it sit for the "contact time" listed on the package. Make sure the surface stays wet for the whole time.

- Wear disposable gloves when using disinfectants. Throw them away after each use.

- Wash your hands when you're done.

- Keep all disinfectants out of reach of children and pets.

Source: Environmental Protection Agency

Make a healthy, filling snack with hummus

Hummus is a dip and spread that originated in the Middle East. But today, it's popular in many parts of the world. It's made with chickpeas, tahini (ground sesame seeds), garlic and spices.

Hummus is vegan, but even meat-eaters can enjoy this spread. Hummus is a good source of plant-based protein. It's also high in fiber, B vitamins, magnesium and iron. And because it's a great source of fiber, hummus helps keep you feeling fuller longer.

If you don't like plain hummus, you can make it many different ways. Some people add garlic, black beans or red peppers. But you can sweeten it up with sweet potato, pumpkin or even dark chocolate!

Recipe: Homemade hummus

Hummus is a healthy, satisfying dip that you can use in place of cheese and cream-based dips. Try it with tortilla strips, whole wheat crackers or on sandwiches.

Many stores carry pre-made hummus. If you want to make your own, here's how:

INGREDIENTS

- 2 cups garbanzo beans, cooked (chickpeas)
- 2 cloves garlic (minced)
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini (sesame paste)
- 2 tablespoons olive oil

DIRECTIONS

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).

2. Add the garlic, lemon juice, tahini and oil. Mix well.

Nutrition Facts: 6 servings. Calories 157; Total fat 8 g; Saturated fat 1 g; Sodium 138 mg; Total fiber 5g; Protein 6 g; Carbohydrates 18 g.

Source: U.S. Department of Agriculture Choose My Plate

Know the different heart disease types

You've probably heard the terms cardiovascular disease, heart disease and coronary heart disease. But did you know each of these terms means something different?

Let's learn some of these "heart" terms and what they mean for your health.

If you have a type of cardiovascular disease, work with your doctor to come up with a heart health plan. Your plan might include a healthy diet, exercise and medications.

WHAT IS CARDIOVASCULAR DISEASE?

Cardiovascular disease is any type of disease that affects the heart or blood vessels. "Cardio" refers to the heart, and "vascular" refers to the blood vessels.

Types of cardiovascular disease include:
- Coronary heart disease
- High blood pressure
- Stroke
- Heart failure
- Peripheral artery disease

WHAT IS HEART DISEASE?

Heart disease is any type of condition that affects the heart's function or structure. The most common type of heart disease is coronary heart disease. Heart disease also includes:
- Heart rhythm disorders known as arrhythmias
- Cardiomyopathy
- Congenital (present at birth) heart defects
- Coronary artery disease (CAD)
- Heart failure

Heart disease is a type of cardiovascular disease.

WHAT IS CORONARY HEART DISEASE?

Coronary heart disease is also called coronary artery disease (CAD). Coronary heart disease happens when a fatty substance called plaque builds up in the arteries. Sometimes people call this clogged arteries or atherosclerosis.

The plaque reduces the amount of blood getting to the heart. This can cause angina, or chest pain. It can also cause blood clots and can lead to a heart attack.

Lift weights
the safe way

Lifting weights is great exercise. But if you don't do it properly, you can get hurt. Here's how you can get started, get stronger and avoid injuries.

LEARN GOOD TECHNIQUE

Have an instructor show you how to lift. You can use books, videos or virtual instruction if you can't see a trainer in person.

Keep your back straight when lifting, and wear shoes with good grip to avoid slipping. Stop the exercise if it hurts and wait a few days before trying it again.

SET DOABLE GOALS

Don't work the same muscles more than three times per week. Let muscles rest for 24 hours before working them again.

Don't try to do too much, too quickly. You'll likely feel soreness for a day or two after lifting, and that's normal.

WARM UP AND COOL DOWN

Warm up your muscles with active stretching, light jogging/walking or leg squats before you lift. When you're done lifting, cool down and stretch again.

Stretching should not hurt. Hold the stretch steady — don't bounce.

WHEN TO SEE YOUR DOCTOR

If you have ongoing pain or you think you hurt yourself while lifting, talk to your doctor.

Source: American Academy of Family Physicians