



The Way to a Man's Heart *IS* Through His Stomach

Heart disease is the leading cause of death in men, and diet plays a major role in heart health. So, it really is true that the way to a man's heart is through his stomach! Certain foods influence blood pressure, triglycerides, cholesterol levels and inflammation — all of which are risk factors for heart disease.

Show your heart some love by incorporating the nutrient-dense foods in your daily menu.

Three foods that Increase Heart Health

1. LEAFY GREEN VEGETABLES

Spinach, kale and collard greens are known for their wealth of vitamins, minerals and antioxidants. They are high in vitamin K and nitrates, which can help reduce blood pressure and improve arterial function. Studies show that a higher intake of leafy greens is associated with a lower risk of heart disease.

2. BERRIES

Strawberries, blueberries, blackberries and raspberries are packed with vital nutrients that play a central role in heart health. Berries are also rich in antioxidants like anthocyanins, which protect against the oxidative stress and inflammation that contribute to the development of heart disease.

3. AVOCADOS

Guacamole anyone? Avocados are a terrific source of monounsaturated fats, which have been linked to reduced levels of cholesterol and a lower risk of heart disease. Avocados are also rich in potassium — a nutrient that's essential to heart health. One avocado supplies 975 milligrams of potassium — about 28 percent of the amount that you need in a day. If you consume at least 4.7 grams of potassium per day, you can decrease your blood pressure by an average of 8.0/4.1 mmHg, which is associated with a 15 percent lower risk of stroke.



BEYOND THE PLATE: Lifestyle Tips for a Heart-Healthy Life

MOVE JUST A LITTLE MORE

You don't have to run a 10K or become the "gym type" to reap the benefits of exercise. Ease into a workout routine that fits you by finding fun ways to stay in shape. Gardening, dancing, swimming and walking are all activities that can help you get, and stay, in shape. June is a wonderful month to explore the lakefront, walking paths and forest preserves that are so beautiful this time of year.

STOP SMOKING

The leading health concerns associated with smoking are heart disease, cancer and lung disease. In fact, smoking triples the risk of dying from heart disease among those who are middle-aged. For help on how to quit smoking, consult your primary care physician or visit the [American Lung Association](#).



Get Support With Well onTarget®

Well onTarget® is a program that's designed to give you the support you need to make healthy choices.

Well onTarget® Coaching Programs

If you need a little extra help, the Wellness Coaching team of credentialed health experts is here for you. Whether you want help with quitting tobacco, improving your fitness level, decreasing your weight, or improving dietary habits, there is a program for you and a coach who will support you in your efforts. You can also use online trackers to help guide you as you reach your goals.

To access Well onTarget®, log in to [Blue Access for MembersSM \(BAMSM\)](#). If this is your first time logging in, *you will need to register your account*. Once you are logged in to BAMSM, simply click the link on the left side of the page and it will take you to the Well onTarget® portal.

Keep Exam and Screening Appointments

We know you've heard it before, but it bears repeating. Health screenings and physical exams will help you understand exactly where your health stands today and where you need to go. What are your HDL, LDL, glucose and blood pressure numbers — and what would you like them to be a year from now?



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