



Converse County Health & Wellness

February is Healthy Heart Awareness Month

Why is physical activity so important for heart health and overall wellbeing?

1. It's a natural mood lifter.
2. It keep you physically fit and able.
3. It keeps the doctors away.

Even more, being active supports heart health:

1. lower your blood pressure
2. boost your levels of good cholesterol
3. improve blood flow (circulation)
4. keep your weight under control
5. prevent bone loss that can lead to osteoporosis



How Can You Reduce High Blood Pressure?

By treating high blood pressure, you can help reduce your risk for a stroke, heart attack, heart failure or kidney failure. Here are steps you can take now to help reach and maintain a healthy weight to balance your blood pressure:

- Eat a heart-healthy diet for SUCESS: rich in a variety of vegetables at every meal, colorful fruits, and whole ancient grains (try quinoa). Include top quality meats, fish, legumes (beans and peas), olive oil, nuts and seeds.
- Stress Management is a MUST. What helps you destress? Do it every day!
 - Get 8 hours of sleep. Each Night.
 - Drink WATER.
 - Surround yourself with positive relationships.
- Be more physically active! Try adding in more walking throughout your day.
 - Don't smoke and avoid second-hand smoke.
 - Limit alcohol to no more than one drink per day.
- Understand where your blood pressure should be and self-monitor it. Discuss your health with doctor, and share any questions and concerns for your optimum wellbeing.



Wellness Committee

Kim Hiser

Department: Treasurer's Office

Contact: kim.hiser@conversecountywy.gov**Tiffany Martin**

Department: Treasurer's Office

Contact: tiffany.martin@conversecountywy.gov**Dixie Huxtable**

Department: Assessor's Office

Contact: (307) 358-2741

Mary Schell

Department: Emergency Management

Contact: mary.schell@conversecountywy.gov**Crimson Miller**

Department: Road & Bridge

Contact: crimson.miller@conversecountywy.gov**Shea Lehnen**

Peak Fitness

Contact: conversewellness@gmail.com

Important Dates in February:

2/1-2/28 American Heart Month**2/2** National Wear Red Day**2/4** World Cancer Day**2/14** Valentine's Day**2/14** National Donor Day**2/19** President's Day

The Top Heart Healthy Foods



With a meaningful **THANK YOU** to you all- I want to share a heartfelt goodbye. I have accepted a job at NERD Wellness located in Wyoming Medical Center as a Wellness Coach. Working alongside the Wellness Committee and serving the County Employees has been so much fun, and most importantly, the powerful connections I have made with a lot of you will continue to grow! Moving forward, I genuinely encourage you and welcome you to reach out for questions and support in your wellness journey. My door is always open! Find me at the Wellness Center, healthylifestylecoach@outlook.com, social media and/or at **(307)277-5883**. Our goal of the Wellness Committee will continue to serve you strong and proud!

I thank you for the opportunity to support your wonderful Wellness Committee.
-Your Health Coach & Wellness Advocate, **Kristen Mockler**.

Insurance Corner

Don't forget Open Enrollment for Blue Cross/Blue Shield starts 3/1/19 until 3/31/19

