



The Beat Goes On

The Wellness Program for 2021 will focus on **heart health**. February is American Heart month, a time the nation turns its attention to keeping families and communities free from heart disease, the No. 1 killer of Americans.

The federally designated event reinforces the importance of heart health and the need for more research, with a reminder to get families, friends and communities involved. It's a tradition that's over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February 1964, nine years after he had a heart attack. Since then, the president has annually declared February American Heart month.

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Please join in for an informative Wellness Wednesday webinar on February 10 at 12:00 noon highlighting heart health:

- "Powerful Heart Health Advice" presented by: Dr. John Ryan, MD, Board Certified Cardiologist and Director of Cardiology Education at the University of Utah
- Interested in joining the live webinar? [CLICK HERE TO REGISTER.](#)

If you are unable to attend, you may view the recording later on the health promotion page on the Orriant website.

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Join us on February 11 at 12:00 noon for a Lunch and Learn featuring Tara from Orriant presenting "Finding Motivation to Exercise." Watch for an email with details.

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Remember **Deal or No Deal** comes to an end June 30. Earn financial incentives by remaining compliant each month by completing 30 wellness activity points and maintaining the health standard, or by improving one or more at-risk biometrics with the help of your wellness coach.

6 Tips to Decrease Added Sugar for a Healthier Heart



1. **Reduce and remove sugar-sweetened beverages.** A 12 oz can of soda packs in about 9 teaspoons of sugar, equivalent to 35 grams and 140 calories. Sugar-sweetened beverages not only include soda, but fruit juices, fancy coffee drinks, energy drinks, sports drinks, kefir and organic juices. Simply eliminating sugary beverages from your diet can significantly reduce your overall sugar consumption.
2. **Read the food label.** The new nutrition facts label is receiving a much-needed overhaul. It will disclose how much added sugar is in the product, helping you decipher between natural sugar and added sugars.
3. **Watch the condiments.** Condiments such as BBQ sauce, ketchup, and salad dressing can sneak in extra sugar. Two TBS of ketchup has 7.4 grams of sugar, almost 1/3 the daily recommendation for women. Be aware of how frequently you use these foods. Small changes add up.
4. **Remove the health halo.** These are goods marketed as "health foods," yet they are loaded with added sugar such as granola, smoothies, yogurt, granola bars, dried fruit, and even some bread. Just be aware of how much added sugar you are getting from these "healthy foods."
5. **Start your day with more fiber.** Breakfast is not the time for dessert. A great start to the day includes foods high in fiber such as oatmeal, hot quinoa, sprout grain bread, and low sugar, high fiber cold cereal complemented with protein and healthy fats. Eggs, nuts, seeds, plain Greek yogurt, and nonfat cottage cheese are all good sources of protein to start the day.
6. **Satisfy your sweet tooth with fresh fruit.** Replace your traditional sweet tooth favorites such as candy, desserts, cakes, cookies and pastries with fresh fruit.