



BLACK FAMILY DEVELOPMENT, INC. HEALTH & WELLNESS NEWSLETTER

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Valentine's Day Smoothie Recipe



- 1 ½ cup almond milk or coconut milk
- 1 ripe banana
- ½ cup frozen pomegranate seeds
- 1 cup frozen berries

Add the almond milk, frozen fruits, and banana to your blender. Blend to desired consistency. To thicken, add more fruit. To thin, add more milk.



Did you know...



Heart Health Facts

- ♥ Heart disease is the leading cause of death for both men and women in the United States.
- ♥ In the United States, someone has a heart attack every 40 seconds. Each minute, more than one person in the United States dies from a heart disease-related event.
- ♥ About 630,000 Americans die from heart disease each year—that's **1 in every 4 deaths**.
- ♥ Heart disease is the **leading cause** of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and whites.

Source: <https://www.cdc.gov>

The good news is, heart disease is preventable. Here are some proactive steps you can take to reduce your risk of developing heart disease:

- ~Watch your weight
- ~Control your cholesterol and blood pressure
- ~Get active and eat healthy
- ~Have regular check-ups
- ~Quit smoking
- ~Avoid secondhand smoke
- ~Drink alcohol only in moderation
- ~Know your family health history

The National Heart, Lung, and Blood Institute (NHLBI) provides a wealth of resources to promote heart health. Please visit www.nhlbi.nih.gov/heartmonth for more information.

HEALTH & WELLNESS

NUTRITION

FACTS!!



Fast Facts on Drinking Water

- Adult humans are 60 percent water, and our blood is 90 percent water.
- There is no universally agreed quantity of water that must be consumed daily.
- However, according to Dick Gregory, health guru and founder of Health Enterprises, Inc., you should be consuming **Spring Water** in the amount of $\frac{1}{2}$ of your body weight in ounces. Ex. A person weighing 150 lbs. should consume 75 oz. a day of **Spring Water**.
- Water is essential for the kidneys and other bodily functions.
- When dehydrated, the skin can become more vulnerable to skin disorders and wrinkling.
- Drinking water instead of soda can help with weight loss.

Resource: <https://www.medicalnewstoday.com/articles/290814.php>

Dick Gregory on Drinking Water - YouTube

<https://www.youtube.com/watch?v=qf8bBgWKugw>

Laughing and Weight Loss

Did you know...everything you do burns calories. You're burning calories right now reading this article, just by letting your body pump your heart, expand your lungs and perform all of the other duties required to keep you alive. A 150-pound (68-kilogram) person will burn about 22 calories just by reading for 15 minutes. Of course, adding a little aerobic effort to your ill-advised reading-for-exercise program will burn even more calories.

Laughing helps burn calories by increasing your heart rate by 10 to 20 percent [source: [Colmenares](#)]. Your metabolism increases as well, meaning you will burn more calories at rest once you have stopped laughing. So exactly how many calories does laughing burn?

While the idea that we can melt our waists by laughing is an appealing one, we better not cancel our gym memberships just yet. Laughing for 15 minutes a day (and not necessarily all at once) burns somewhere between 10 and 40 calories a day [source: [Buchowski](#)]. That means that, so long as you're laughing, you can eat three -- maybe even four -- unsalted crackers without any guilt whatsoever.



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Over the course of a laughter-filled year, the daily calories burnt from laughing result in a net loss of a little more than 4 pounds (1.8 kilograms).

Wellness Resources

BFDI's health insurance provider, Blue Cross Blue Shield, offers weekly 20-minute Virtual Wellness Webinars on a variety of topics. The schedule for February 2019 is as follows:

Mindfulness Matters, Part 2
FEBRUARY 7, 2019 12:00 PM

The Happiness Advantage
FEBRUARY 14, 2019 12:00 PM

An Attitude of Gratitude
FEBRUARY 21, 2019 12:00 PM

Being Mindful of Physical Health, Part 1
FEBRUARY 28, 2019 12:00 PM

For more information and to register, please visit <http://www.bluecrossvirtualwellbeing.com>
Past webinars are also available.

For any concerns or Health & Wellness Issues Please consult your personal physicians

