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Heart Healthy
**Workplace
Wellness**

Heart and Stroke Foundation of New Brunswick

Who we are – Not for Profit Health Charity

What we do – Promote Health, Save Lives, Enhance Recovery (Cardiovascular Diseases)

How we do it – Fundraise money that is used to support medical research, health promotion programs and train/support HCP (health care professionals) with the best emergency and medical treatments for CVD (Cardiovascular Diseases)



Promote Health – Keeping our Heart Healthy



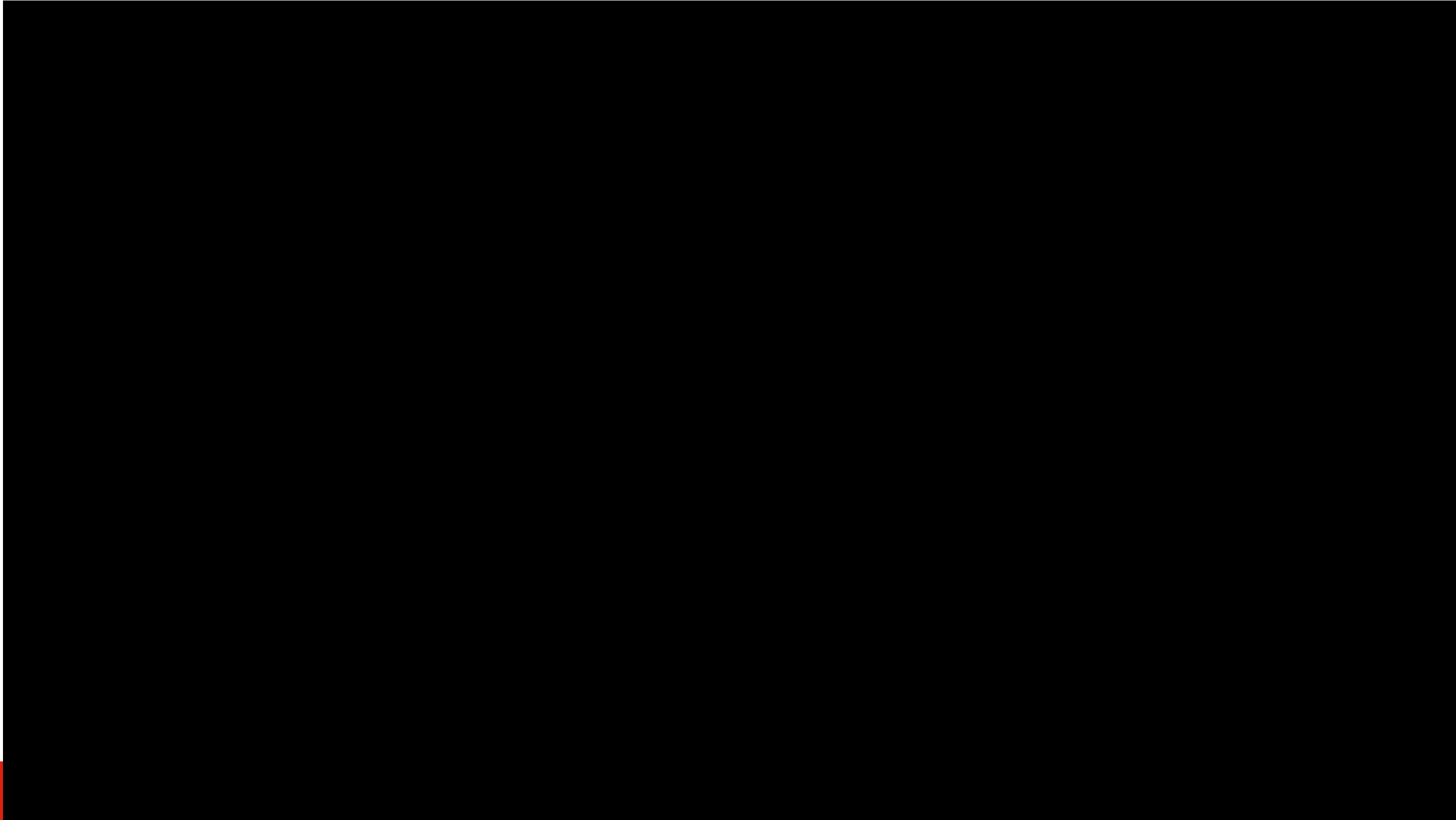
Workplace wellness definition:
Any workplace ***health promotion*** activity or organizational policy designed to support ***healthy behavior*** in the workplace and to ***improve health outcomes***

Heart Healthy Workplace Wellness

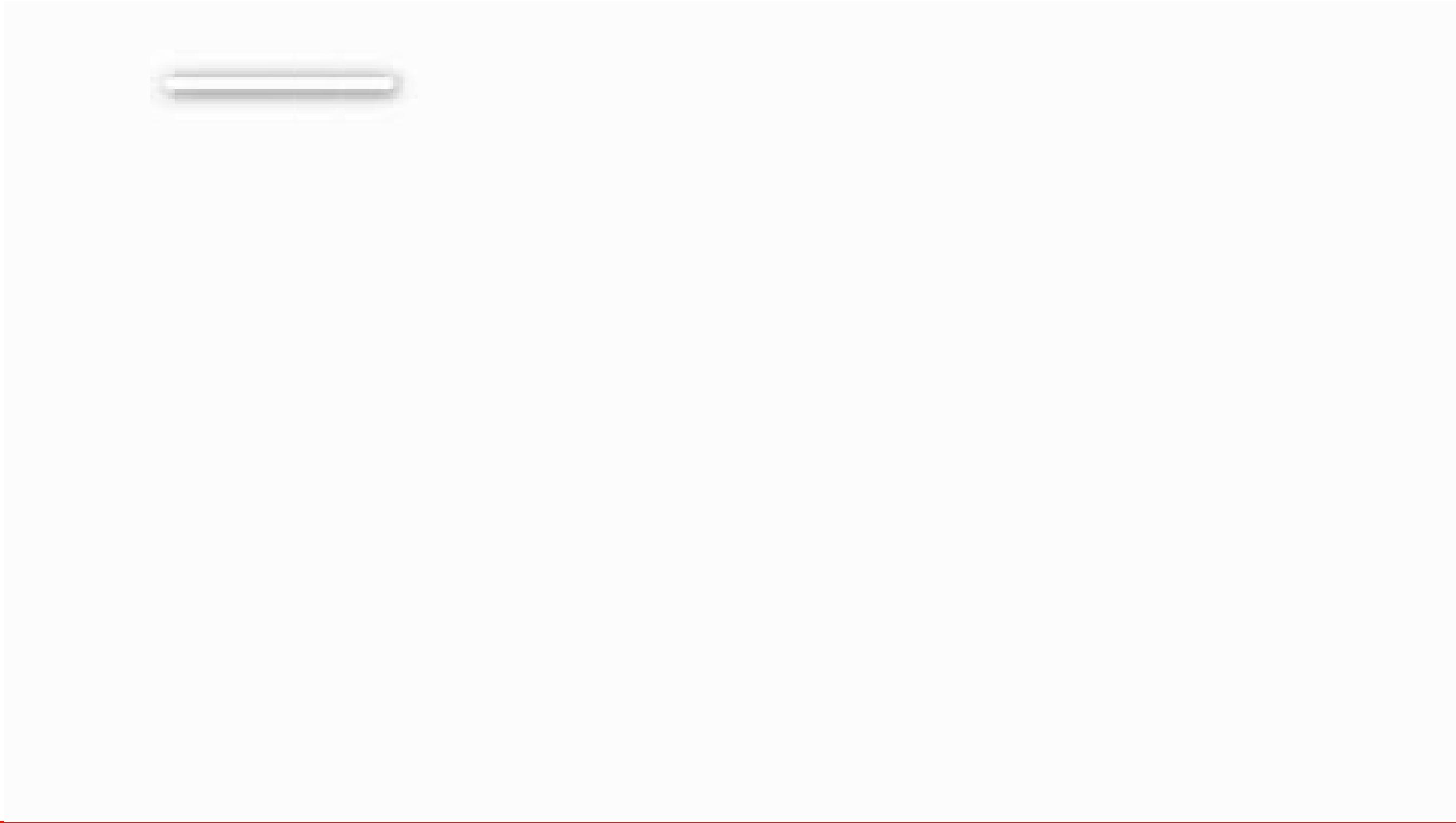
- Make healthy food choices
- Stay hydrated
- Keep active at work
- Manage stress at work
- Stay smoke-free



Make Healthy Food Choices



Make Healthy Food Choices



Make Healthy Food Choices

Stay hydrated with water



60-70%

Water is always a healthy choice

Energize your day with water!

- Drink plenty of water. Staying hydrated helps you fight fatigue and stay alert.
- Bring a reusable water bottle to refill over the day.

Avoid too many Sugary Drinks



Sugar

- Sugar is a carbohydrate that can provide energy to the body but provides no other nutritional benefit.
- Too much can increase your risk of developing chronic diseases, like heart disease and stroke. (Max 12 teaspoons/day)
- Sugary drink like pop can have up to 40 grams of sugar (10 teaspoons)

HOW MUCH SUGAR DO YOU DRINK?



soft drinks
16 teaspoons
of sugar



fruit juice
10 teaspoons
of sugar



sports drinks
15 teaspoons
of sugar



energy drinks
9 teaspoons
of sugar



tap water
0 teaspoons
of sugar

Avoid too much caffeine

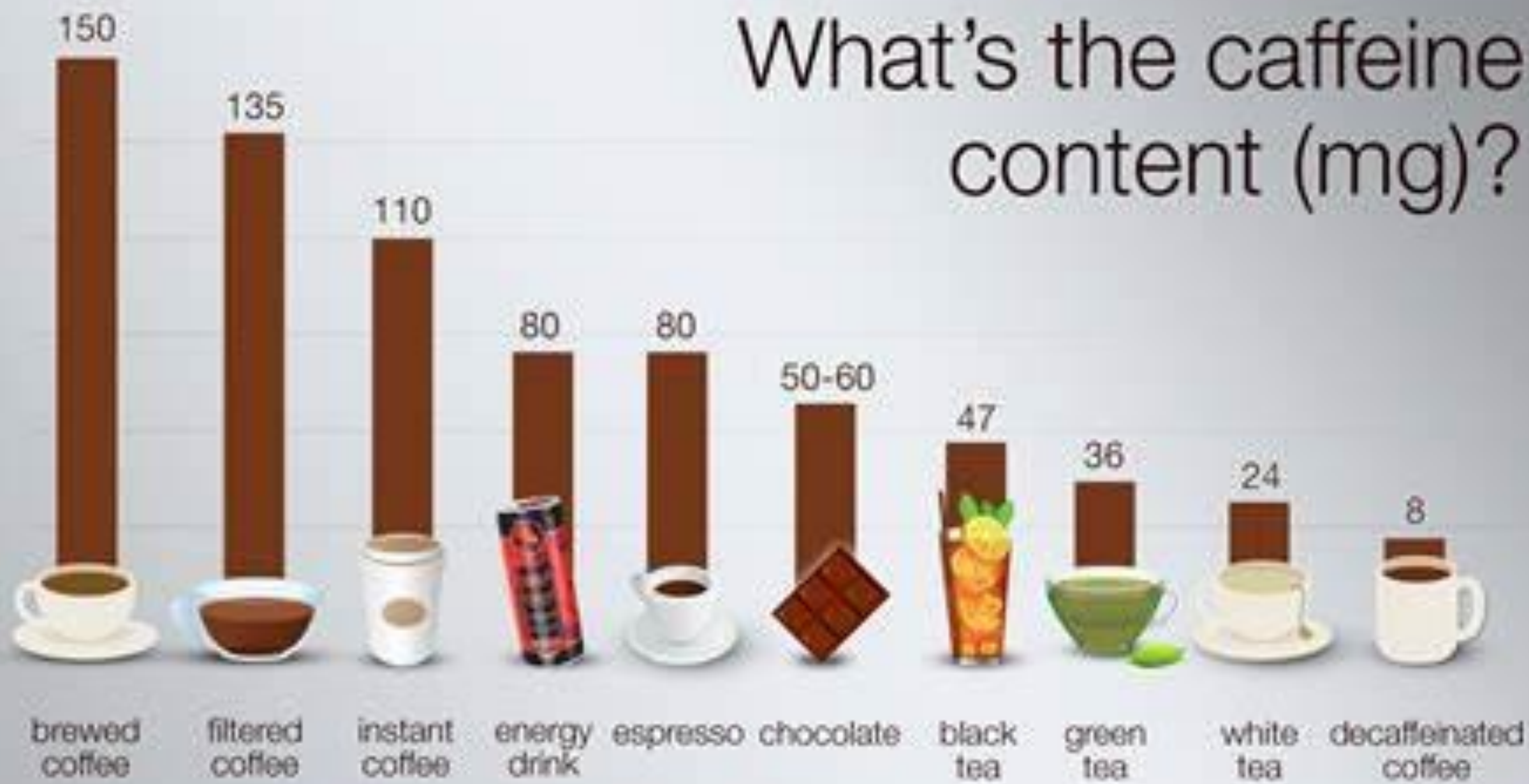
Caffeine is a natural ingredient found in coffee beans, tea leaves, cocoa beans, guarana and yerba maté.

Too much caffeine can cause: trouble sleeping, irritability, nervousness, rapid heart rate, headaches

Young adult should limit their caffeine intake to no more than 2.5 milligrams/kilogram of body weight

Example: 70kg x 2.5 = 175mg/day (2 cups of coffee)

What's the caffeine content (mg)?



Keep Active at Work

Short term results – feel better, sleep better, more energy, breathe more easily

Long term results – lower weight, more muscle tone (including your heart)

We need about 150 minutes (2.5 hours) of physical activity per week.

Even 10 minutes of activity at a time has benefits.



Managing Stress at Work

Stress is a risk factor for Heart Disease and Stroke.

6 strategies to keep help manage stress while at work

1. Take a few minutes to get up and stretch
2. Take a walk
3. Meditate
4. Use your employers EAP program – free and confidential help
5. Talk to your manager
6. Tackle something big



Stay Smoke Free

Smoking (tobacco)

- Smoking is a major risk factor for heart disease, stroke and cancers.

Both Cigarette and Vaping carry addictive nicotine and dangerous chemicals

- If you smoke, quitting is one of the best things you can do to prevent heart disease and stroke.
- **Free support 1-866-366-3667**



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Thank you!

