



Take time this month to focus on your own or a woman you love's health.

Too often, women don't make their health a priority, putting the needs of their family, friends, and coworkers ahead of their own. This month, we encourage women to take charge of their health by setting attainable goals and following these simple tips.

Health Habit


This month's goal: Try to meet the Center for Disease Control and Prevention's recommended exercise target of 150 to 300 minutes of moderate aerobic activity or 75 to 150 minutes of vigorous aerobic activity weekly.

Try it: Start by taking a brisk walk around your neighborhood and gradually building up speed and distance over the course of the month.

1 

KNOW THE SIGNS OF A HEART ATTACK.

Even though the most common symptom of a heart attack is chest pain or discomfort, many women often experience **other signs** such as heartburn, nausea, vomiting, shortness of breath, dizziness, and radiating pain in the neck, back, arms, and throat.

2 


GET REGULAR HEALTH SCREENINGS.

You may remember regular screenings at the OB/GYN, but what about mammograms or colonoscopies? The American Cancer Association recommends women can begin annual mammograms as early as 40 and can start colorectal cancer screening at 45. Women with elevated risks due to personal or familial medical history may need to start sooner. Chat with your doctor about when to start screenings.

3 


QUIT BAD HABITS.

Smoking can lead to health complications including heart attack, cancer, respiratory disease, and stroke. If you smoke, quit this year. For advice, contact the Hawaii Tobacco Quitline at 1-800-QUIT-NOW (784-8669) or visit hawaiiquitline.org.

4 

EAT RIGHT.

Find ways to sneak heart healthy foods into every meal, whether its veggies in your eggs or smoothies, fruit in a salad, or swapping white rice for brown. These choices can help limit saturated fat in your diet.

5 

MAKE TIME FOR SELF-CARE.

Find ways to reduce stress in your life, whether through hobbies, getting enough sleep, building a support system, or finding ways to cope with difficult situations. After all, you can't take care of others if you don't take care of yourself.

Recipe of the Month



PASTELE STEW

Pasteles are a traditional Puerto Rican dish that are now a local favorite. Although they're especially favored around Christmas, we eat them year-round in Hawaii. Making pasteles is a labor-intensive project but making pasteles is much easier. Get the full recipe on islandscene.com/pastele-stew.

For more info, go to hmsa.com/well-being. To take the RealAge® Test, visit hmsa.com/sharecare.

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