

# Heart Health



## Upcoming Event

### Reminder:

### MLP Heart Health Lunch & Learn with Dr. Michael Poon

January 30th, 2025 | 12:00 PM - 1:00 PM

Lunch will be served at 12:00 PM, followed by the presentation starting at 12:15 PM.

Join Dr. Michael Poon for an expert discussion on pulmonary hypertension, prevention, treatments, and heart-healthy supplements.

[Reserve your spot today!](#)

## Performance Meets Prevention

According to the American Heart Association, your heart pumps approximately 2,000 gallons of blood daily – matching the intensity of your business schedule. This month, we're focusing on optimizing your cardiovascular health without disrupting your workflow.

### Top 3 Smart Heart Strategies for the Work Professional

#### Know Your Numbers

##### Why It Matters:

- High blood pressure and cholesterol are silent risk factors for heart disease.

##### What You Can Do:

- Visit our on-site [Nurse Practitioners](#) for quick screenings.
- Learn how to interpret your numbers and create a personalized plan.

#### Move More, Sit Smarter

##### Why It Matters:

- Sitting for long hours can increase your risk of heart disease by up to 64%, even if you exercise regularly.

##### How You Can Stay Active Without Leaving Your Desk:

- **Desk Stretches:** Our Exercise Physiologists can teach you simple movements to keep your blood flowing.



Seated Leg Extensions

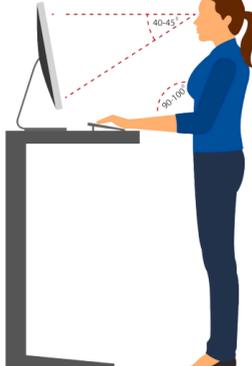
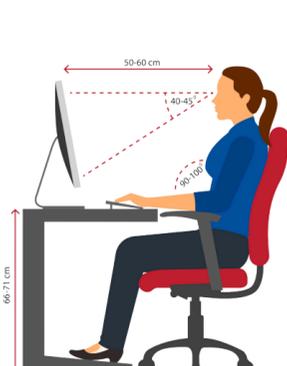


Backwards Shoulder Rolls



Seated Trapezius (Neck) Stretch

- **Posture Reset:** Every hour, reset your posture by sitting tall, pulling your shoulders back, and engaging your core. Good posture promotes better circulation.



- **Afternoon Energy Boost:** Join our 5:30 PM fitness classes (Monday-Thursday) for a heart-healthy workout that fits seamlessly into your day. It's your chance to move, recharge, and invest in your health before heading home.



#### Manage Stress, Protect Your Heart

##### Why It Matters:

- Stress triggers higher blood pressure and inflammation, therefore straining your heart.

##### How We Can Help:

- Schedule a [Mindful Moment](#) a guided meditation session or stress management consultation with our Nurse Practitioners.

##### Try a quick breathing exercise:



#### Your Wellness Center Is Here for You

##### [Nurse Practitioners:](#)

Get expert advice on heart health, screenings, and lifestyle changes.

##### [Chiropractors:](#)

Learn how proper posture supports circulation and reduces stress.

##### [Physical Therapists:](#)

Join a personalized exercise program to build heart-healthy habits.

#### A Word From Our [HSS](#) Affiliate

### Relieve Stress and Tension with Foam Rolling



Feeling stiff after long workdays?

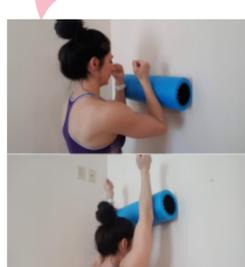
Foam rolling isn't just for athletes—it's a quick, effective way to relieve tension, improve flexibility, and support your heart health.

Discover simple foam roller exercises that can ease aches and leave you feeling energized.

[Learn More About Foam Rolling Benefits and Exercises >](#)

#### Rehab Corner

### Strengthen Your Serratus Anterior with a Foam Roller



Did you know your serratus anterior plays a key role in supporting good posture and shoulder stability?

Strengthening this muscle with foam roller exercises can improve your posture, enhance upper body strength, and reduce tension.

Click [here](#) to learn how to add this dynamic exercise to your routine!