



# INJURY CARE FAMILY CARE RESEARCH

## Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Myasthenia Gravis



## Letter from the Director

Hello Study Participants and Friends,

Ah, February. The month our friends in retail have designated as the month of love. While I'm not sure I buy into the hoopla of Valentine's Day and the consumerism that surrounds it, I can buy into taking the time to express our feelings to those we care the most about. February and all the red and pink we'll see this month help to remind us to appreciate those who make our lives better. One way to show that appreciation is to help ourselves and our loved ones become healthier.

You'll read in this newsletter February is American Heart Month. Cardiovascular disease is the leading cause of death in America and, according to the CDC, claimed 635,260 Americans in 2017 alone. Lifestyle changes are the easiest and most cost effective way to reduce this number yet we continue to struggle with this. Research has shown, however, you are more likely to stick with healthy eating habits or a new exercise routine if you have a loved one that you share it with. This month, I challenge you to grab a loved one and share the love by starting a healthy habit together.

Good luck and much love,

**Jill**

“

**Holding each other accountable to a healthy habit might be the most loving act you do during this month of love.**

”

## Did you know?

Did you know that aerobic exercise burns calories, lowers blood pressure, lowers cholesterol and can reduce stress? You probably did. But do you know what activities are considered aerobic? Check the next page for a helpful list of aerobic activities to get you moving and heart healthy.



### APPLY TO PARTICIPATE:

Call 208-621-2503,  
Scan the QR Code, or head  
to our website.

# Heart Healthy Activities

## Aerobic Activities:

- Moderate walking (about 3.5 mph)
- Gardening
- Light yard work
- Hiking on flat ground
- Golfing (not using a cart)
- Bicycling at less than 10 mph
- Swimming
- Softball
- Tennis (doubles)
- Downhill skiing
- Dancing

For additional benefits for your heart, add some vigorous activities.

## Vigorous activities include:

- Brisk walking (about 4.5 mph)
- Heavy yard work
- Stair climbing
- Jogging
- Hiking uphill
- Bicycling at more than 10 mph
- Basketball
- Tennis (singles)
- Soccer
- Cross-country skiing
- Jumping rope



## Salted Honey & Peanut Butter Freezer Fudge

**Salted Honey and Peanut Butter Freezer Fudge by Tiffany La Forge**

**Total Time:** 5 minutes

[Parsnipsandpastries.com](http://Parsnipsandpastries.com)

Easy 5-ingredient freezer fudge is perfect for when sweet cravings hit. It includes antioxidant and vitamin-rich raw cacao powder, coconut oil, and natural peanut butter. Naturally sweetened and dairy-free.

### INGREDIENTS

- 1/2 cup + 2 tablespoons natural chunky peanut butter (5.5 oz)
- 1/3 cup coconut oil, melted
- 1 tablespoon honey
- 2 tablespoons raw cacao powder
- pink Himalayan sea salt, for sprinkling

### INSTRUCTIONS

1. Whisk cacao powder and honey into peanut butter. Slowly whisk in melted coconut oil and combine until there are no lumps of cacao..
2. Pour into silicone molds or a plastic-lined tupperware container. Freeze until set, about 30 minutes.
3. Unmold and cut into squares, if not using silicone molds. Sprinkle with pink sea salt.