Health

In Your Hands

Let’s have a “heart to heart” about heart health!

American Heart Month:

Heart disease is the leading cause of death for both men and women throughout America. Unfortunately, Harnett County is not an exception to this, and many members of our community lose the fight against heart disease every year. To prevent heart disease and increase awareness of its effects, Campbell University Community Care Clinic is proudly participating in American Heart Month.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

If you are interested in partnering with the Campbell University Community Care Clinic in order to help you achieve health goals that lower your risk for heart disease, let us know today! You decide what your goals are, and simply let us know how we can help you reach them! The following opportunities are available to you today:

- Smoking cessation program
- CUCCC Walking Club
- Nutritional coaching

Do what it takes to start to have a healthy heart!

For more information, please contact:

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Campbell University Community Care Clinic

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Recipes of the Month:

**Breakfast: Overnight Oatmeal and Yogurt Bowl**

**Ingredients:**
- 3/4 cup plain, fat-free yogurt
- 1/3 cup of old-fashioned oats (uncooked)
- 2 tbsp. Milk
- 1 cup frozen fruit of your choice

**Instructions:**
1. Combine yogurt, oats, and milk in a bowl
2. Put half in a container or jar
3. Add half of the frozen fruit
4. Add the rest of the yogurt mixture
5. Add the rest of the frozen fruit
6. Refrigerate overnight

*Tip: This can be kept in the refrigerator up to 3 days and is perfect for busy mornings.

**Lunch: Salad**

A great healthy option for lunch is to make a salad that has any vegetables that you like and lean protein (chicken, tuna, or beans). Top it off with a light dressing and you have yourself an energizing and heart healthy lunch!

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**Dinner: Honey Lemon Chicken & Asparagus**

**Ingredients:**
- Olive oil cooking spray
- 4 chicken breasts, boneless and skinless
- Salt, to season
- 1/3 cup lemon juice, freshly squeezed
- 1/4 cup honey
- 1 tablespoon low sodium soy sauce (optional)
- 1 tablespoon garlic, finely chopped
- 2 tablespoons parsley, fresh chopped, divided
- 1 teaspoon salt, (or more to your tastes)
- ½ teaspoon cracked black pepper, to taste
- 4 bunches asparagus (37-40 spears), woody ends removed
- 1 lemon, sliced to garnish

**Instructions:**
1. Arrange oven shelf to the middle of your oven. Preheat oven to 400°F. Spray a baking sheet with cooking oil spray and arrange the chicken on the sheet. Season chicken with salt; set aside.
2. Combine together the lemon juice, honey, soy sauce, garlic, half of the parsley, salt and pepper. Pour three quarters of the honey lemon mixture over the chicken. Arrange the lemon slices over the top.
3. Cover with foil and bake for 20 minutes, or until the chicken is cooked through. Uncover, arrange the asparagus around the chicken. Pour the remaining honey lemon mixture over the asparagus. Return to the oven to grill or broil until the chicken is golden and the asparagus is cooked. Garnish with the remaining parsley.
4. Serve with a side of rice or potatoes.

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**Exercise of the Month: Beginner Bodyweight Circuit**

Remember to warm up first by walking or running in place.

- 20 bodyweight squats
- 10 push ups
- 20 walking lunges – 10 each leg
- 10 dumbbell rows (using a gallon milk jug, canned food, or another weight)
- 15 second plank
- 30 jumping jacks

Repeat this exercise 1-2 times.