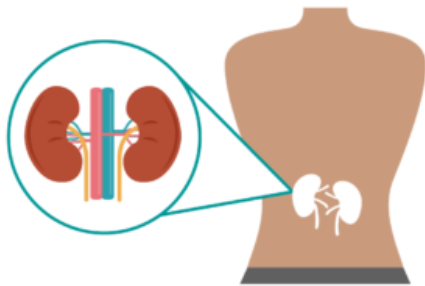




IN THIS ISSUE: *Your Kidneys • Heart Health • 2/14 Workout • Buffalo Chicken*

Your Kidneys - Small Organs that do a Big Job

Compared to most other organs, your kidneys are quite small—each is about the size of your fist. They are located on either side of your spine in the middle of your back, and they serve a very important purpose.



DO YOU KNOW WHAT YOUR KIDNEYS DO?

Your kidneys essentially act as your body's waste management system. Their main job is to remove waste and excess fluid from your blood. Your kidneys work by cleaning your blood as it passes through tiny filtering units known as nephrons. When blood passes through the kidney, the filters sift and hold onto the substances your body might need like nutrients and water. Harmful wastes and extra water and nutrients are flushed away as urine.

Your kidneys also produce several hormones that help to control your blood pressure, make red blood cells and activate vitamin D, which helps keep your bones strong.

HOW DO YOU KNOW IF YOUR KIDNEYS ARE HEALTHY?

If the kidneys' ability to filter the blood is seriously damaged by disease, wastes and excess fluid may build up in the body, which can have serious impacts on your health. Although many forms of kidney disease do not produce symptoms until late in the course of the disease, some warning signs include high blood pressure, blood in the urine, more frequent urination, particularly at night, or difficult or painful urination, and puffiness around eyes, swelling of hands and feet.

Primary risk factors for kidney disease include diabetes, heart disease, high blood pressure or a family history of kidney disease. Additionally, as we get older, we lose a little of our kidney function. If you are above 60 or have any of these risk factors, your healthcare provider can perform a simple blood and urine test to determine if you have chronic kidney disease.

KEEP YOUR KIDNEYS HEALTHY!

You can help keep your kidneys healthy with some healthy lifestyle habits:

-  » Exercise regularly—30 minutes a day
-  » Maintain a healthy weight
-  » Follow a healthful diet that includes fresh fruits and vegetables, whole grains and low-fat dairy foods
-  » Don't smoke or abuse alcohol
-  » Keep your blood pressure and cholesterol levels at the target set by your health care provider
-  » Keep sodium consumption low—aim for less than 1,500 milligrams of sodium each day
-  » Don't overuse over-the-counter painkillers, like Ibuprofen

Again, if you have diabetes, high blood pressure, cardiovascular disease, or a family history of kidney failure, you may be at risk for kidney disease. Schedule an appointment with your health care provider to get your blood and urine checked.

<https://welcoa.org>

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.

~Anatole France

WELLSAID.

CONTINUED

BEST 3-INGREDIENT BUFFALO CHICKEN

At just 150 calories, 1g carb, and 2g fat per serving, this Healthy Buffalo Chicken is packed with protein and super easy to make! It's naturally gluten-free and a great meal-prep lunch recipe.

Ingredients:

- 3 (6 oz.) chicken breasts, large
- 1/2 cup nonfat plain Greek yogurt
- 1/3 cup Franks Red Hot Original

Directions:

- >> Place chicken breasts in a large slow cooker. Turn to high and cook for 1.5–2 hours until chicken breasts have fully cooked.
- >> Remove and use 2 forks to shred. Place in refrigerator to cool.
- >> Once cooled, add Greek yogurt and Franks Red Hot and mix.
- >> Serve any way your heart desires. This buffalo chicken recipe is very versatile. You can eat it on a cracker, by itself, on some toast, in a wrap, with a chip—try them all.



6 Heart Health Numbers You Should Know

- 1 Resting Heart Rate
- 2 LDL or "bad cholesterol"
- 3 Body Mass Index
- 4 Systolic Blood Pressure
- 5 Hemoglobin A1c
- 6 Waist Circumference

2/14 Workout

2 Sets/14 Reps

- reverse Lunges
- Oblique crunches (each side)
- eVeryday jumping jacks
- triceps dips
- bicycle crunches
- mountain climbers
- push-ups
- burpees
- Squats
- high knees
- plank with leg lifts
- Front lunges

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