

# 2025 Galentine's Day

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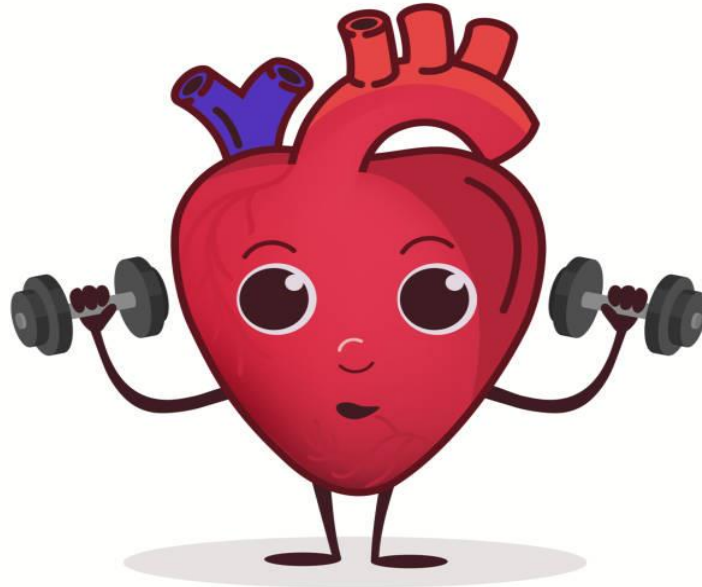
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Minds Advancing Medicine

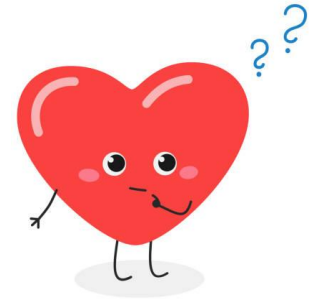
*Galentine's Day 2025*

Maria Fierszt  
Wellness Center

# You and your big heart!



**Think about how you spent  
your last 24 hours?**



**How many hours were you moving?**

**Sleeping**

**Working: moving/patient care, sitting/support services**

**Sitting: driving, entertainment, eating**

**Activities of Daily Living (ADLs)**

**Exercise**

# Heart Benefits of Aerobic Activity

## Physical Activity

Any movement carried out by your skeletal muscles that requires energy

- ADLs
- 10,000 steps
- Combat the “Sitting Disease”
- 5 minutes of hourly movement
  - Increases concentration
  - Boost energy levels



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## Exercise

Planned, structured and repetitive movement that ALSO improves or maintains physical fitness

- Strengthens Heart Muscle
- Increases Skeletal-Muscular Health
- Improves Cognitive function
- Helps to manage stress/anxiety
- Reduce the risk of disease/illness
- AHHHH – Better Sleep



# Schedule structured exercise into your week as well as maintaining daily physical activity

~80% of Americans don't make exercise a regular habit and many say they just don't like it.

They don't like it??



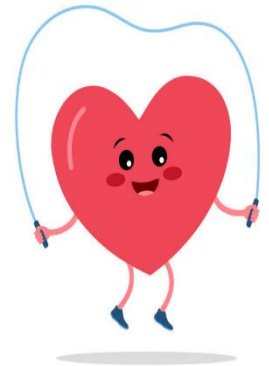
# Find your jam!

## If you're social

- Group dance class
- Rec sports activity
- Join/start a walking group
- Bike/walk with friends
- “The Talker”
- Take the stairs

## If you enjoy solitude

- Walking/running - Podcasts
- Swimming
- Boot camp
- Online classes
- Dog walking
- Jump rope
- Take the stairs





# Plan & Stay Motivated



- Move more and track it: use your smart phone or tracker to help stay motivated
- We all need constant reminders that exercise is important
- Build YOU into your weekly calendar ...plan YOU into your day...you are important!

# 5 Minutes of Movement

- 600-700 steps
- Cardiovascular health – Raises heart rate
- Muscle activation – Legs, core, arms
- Balance and coordination
- Low Impact - Minimal stress on the joints
- Convenience – Can do anywhere



# Love your Heart!

Thank you Capital Women in Philanthropy!



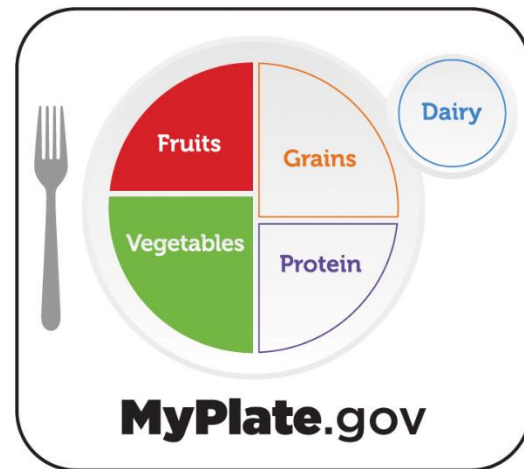
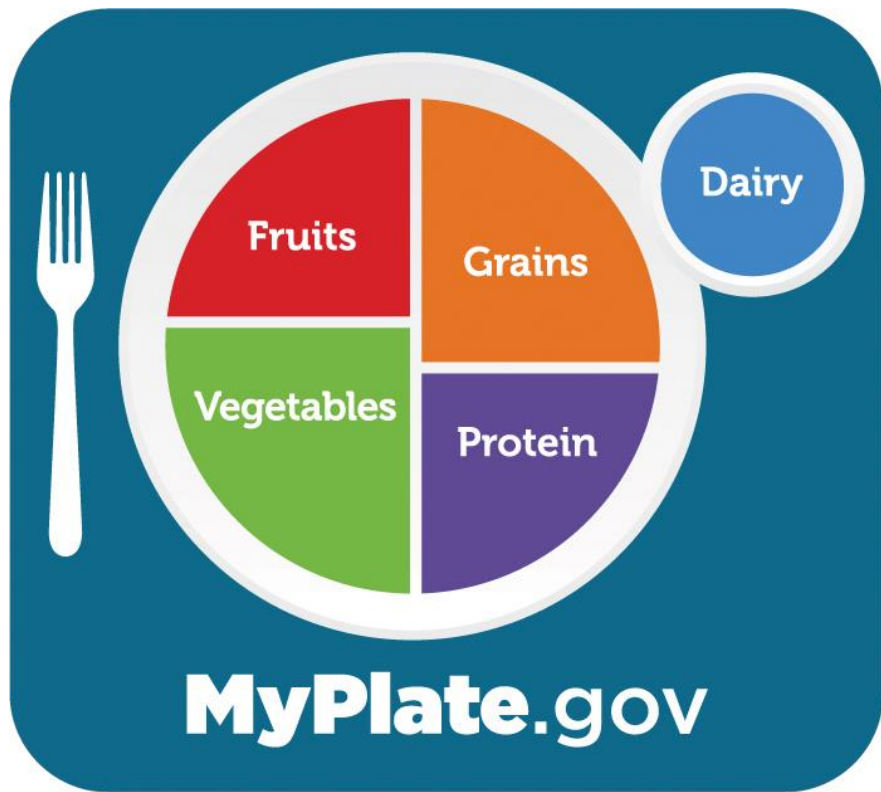


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# Building Nourishing Meals

Corina Palagruto, RDN



# Salads



# Grain Bowls





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*Thank you!  
Happy Galentines!*





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**MEDICAL GROUP**

# **Mental Health: A Journey to the Heart**

**Victoria Pena-Cardinali, LCSW**

**2.14.25**

# Broken Heart Syndrome



- Broken heart syndrome is a heart condition that's often brought on by stressful situations and extreme emotions. Anything that causes a strong emotional reaction may trigger the condition.
- In broken heart syndrome, the heart arteries are not blocked. But blood flow in the arteries of the heart may be reduced.

# Mental Health Disorders and Heart Disease

- Research shows that mental health is associated with risk factors for heart disease.
- These risk factors can arise both directly, through biological pathways, and indirectly, through risky health behaviors.
- Some of the most commonly studied mental health disorders associated with heart disease or related risk factors include the following: Mood Disorders, Anxiety Disorders, Post Traumatic Stress Disorder and Chronic Stress



**stroke**  
**heart failure**  
**cardiovascular disease**  
**metabolic disease**  
**coronary artery calcification**  
**heart attack**

Possible **physiological pathways** include pain, fear, increased cardiac reactivity, reduced blood flow to the heart, and increased cortisol.

**anxiety**  
**depression**  
**chronic stress**  
**post traumatic stress disorder**

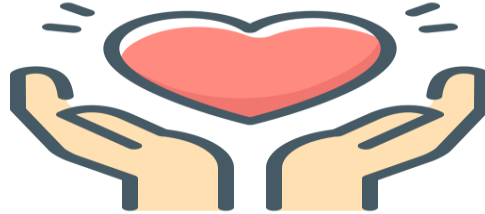


Possible **behavioral pathways** include medication non-adherence, smoking, and physical inactivity.

# Who is at Risk

- Specific populations show higher rates of heart disease as a result of pre-existing mental health disorders such as:
  - ❖ Veterans
  - ❖ Women
  - ❖ Couples with someone that has PTSD
  - ❖ Racial and Ethnic Minorities

# Practicing Prevention



- Stress Management -  
How you handle stress also influences how your cardiovascular system responds.
- Talk to your doctor about your heart health.
- Do not ignore symptoms of depression or anxiety. Talk to your doctor.
- Social support / connection – are key in the prevention and recovery of our physical and psychological health.

# Open Heart Meditation

