

# BINGO

≡ WIN WITH WELLNESS! ≡

## Weekly Wellness Tips



Dr. Joselito Burgos  
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### Take heart health into your own hands.

The #1 prevention factor for heart disease is weight loss. Aim to reduce your weight by a realistic amount, such as 5 to 10 percent vs. 30 percent. This will increase your chance of success.

The American Heart Association has found that even if you have no other related health conditions, obesity itself increases risk of heart disease. Being 20% overweight or more significantly increases your risk of developing heart disease, especially if you have a lot of abdominal fat.

If you are overweight or have health problems and want to begin a new exercise program, consult your doctor and ask if you should have a stress test.



Cory Buschmann  
RPAP Medical Student  
Riverwood Healthcare Center

### You're never too old to get vaccinations.

Getting immunized is an important step in disease prevention and staying healthy. A few key vaccinations to consider include:

- Influenza: You need a shot every fall or winter to protect yourself—and those around you—from the flu virus.
- Pneumococcal (prevention of pneumonia, meningitis): If you've never been vaccinated, you need one dose at age 64 or older, especially if you have heart disease, lung disease or diabetes.
- Tetanus, diphtheria, pertussis (whooping cough): You need a booster shot every 10 years. Whooping cough is making a comeback in adults.
- Zoster (shingles): If you are age 60 years or older, you should get this vaccine to prevent this painful rash.

Ask your healthcare providers which vaccinations may be important to you.

### What people are saying about BINGO - Win with Wellness

- "It's a colorful, upbeat way to stay focused on wellness.
- "I like that it's easy and the kids think checking off the boxes is cool."
- "It focuses on the whole person and not just the physical. Everyone can do it!"

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