Social Networking at Your Fingertips. The growing ubiquity of cell phones, especially the rise of smartphones, has made social networking just a finger tap away. 40% of cell phone owners use a social networking site on their phone, and 28% do so on a typical day.

Live a Heart-Healthy Lifestyle

The familiar red Valentine’s Day symbol is a reminder to take time to learn about one very important heart – the one inside you. Many people are at risk for heart disease and don’t know it! Some risk factors are uncontrollable, such as age, family history, gender, or race. So how can you prevent or reduce your risk for heart disease?

- Keep “bad” (LDL) cholesterol and triglyceride levels low
- Lower blood pressure
- Prevent diabetes
- Stay at a healthy weight
- Quit smoking and avoid secondhand smoke
- Be physically active every day
- Eat a healthy diet
- Avoid stress

Be proactive by scheduling a check-up with your doctor. A blood test will reveal the levels of fats and sugars in your blood and whether they may be harmful. But daily preventative actions can have the biggest positive impact on your heart! Healthy lifestyle changes can significantly lessen your risk for heart problems.

Weight loss is one lifestyle change many people want to try. The best way to lose weight is to stick to a balanced, healthy diet and exercise regularly. But those two things can also help you gain some things: a reduced risk of diabetes and heart attack! Aim for a minimum of 30 minutes of exercise five to seven times a week to keep your heart healthy. Remember – always check with your doctor before beginning an exercise program.

You can also control your cholesterol and weight by eating more fruits, vegetables, whole-grain and high-fiber foods, lean meat, fish, and low-fat dairy products. Cut back on foods that are high in dietary cholesterol by aiming to eat less than 300 mg of cholesterol each day. Watching portion sizes, reading Nutrition Facts labels, and saying “no” to high-fat foods can really help your heart.

If you find yourself engaging in unhealthy activities to control stress and anger, stop immediately. Overeating, drinking too much, or smoking to cope with daily stress will leave you feeling even more under the weather. In fact, people who smoke are up to six times more likely to suffer a heart attack than nonsmokers. If you’d like to quit, start by seeing whether your community has any free or low-cost smoking cessation programs.

Where Are Your Donations Really Going?

It’s okay to be a little hesitant when donating money to charity. After all, it is your hard-earned money that you’re giving away! You are not alone in your skepticism. In a survey from US Trust, donors reported that their biggest concern about charitable giving was whether their money was actually going to be used for charitable purposes. While we all want to help our fellow man, it can be hard to know whether our dollars will really end up helping.

Before writing a check to your favorite charity this year, here are some questions to ask your organization:

- Is the organization a non-profit?
- What percentage of donations support the mission?
- Are there any complaints against the charity?
How Rude!

Many of us have been on the receiving end of rude behavior, but we may also (inadvertently) be guilty of being the offending party. Let’s cover four “rude” workplace behaviors you may want to be aware of.

Common courtesy in common areas

The workplace kitchen: a great place to catch up with co-workers while grabbing some caffeine or snacks. But don’t leave your meal etiquette at your desk! If you use the last of the coffee creamer, be sure to replace it or leave behind a note asking for a refill. During lunch hours, be sure to clean up any mess you’ve made and avoid leaving dirty dishes in the sink. If talking with others, try to keep your volume to a minimum to avoid disturbing other coworkers. These tips are common sense, but can be easily forgotten! Just remember – a little common courtesy goes a long way.

Pardon the interruption

Listening is a key component to having a productive conversation with a co-worker or boss – and really listening means not interrupting! When you speak, you want to know that the person you’re communicating with is engaged and actively hearing what you have to say. Your co-communicator deserves the same respect! It’s easy to get excited when someone else is talking and want to jump in with your own stories and comments, but try to give everyone a chance to speak.

Show your sensitive side

It can be difficult to convey thoughts and words through email or instant message. People can read into things that are not there or may not understand what you are trying to say. Before getting enraged or upset over an unintentionally offensive message, re-read it before clicking reply. Ask yourself how you think the receiver will react to your message. Make sure your timing is right.

Be a friend to make a friend

You may not find a weekend antiquing buddy at work, but flashing a friendly smile in the hallway or greeting a colleague by name is sure to score you brownie points. It will give you a nice reputation at work and you never know – you may gain an unexpected friend!

Recipe

**Baked Salmon Dijon**

This heart-healthy salmon entrée is delicious and high in Omega-3 fatty acids.

(6 servings; Serving size: 1 piece, 4 oz.)

**Ingredients:**

- 1 cup fat-free sour cream
- 2 tsp. dried dill
- 3 tbsp. scallions, finely chopped
- 2 tbsp. Dijon mustard
- 2 tbsp. lemon juice
- 1 1/2 lb. salmon fillet with skin, cut in center
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- Fat-free cooking spray as needed

**Directions:**

1. Whisk sour cream, dill, onion, mustard and lemon juice in small bowl to blend.
2. Preheat oven to 400°F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

**Nutritional Information:**

- Calories: 196
- Total Fat: 7 g
- Saturated Fat: 2 g
- Cholesterol: 76 mg
- Sodium: 229 mg
- Fiber: less than 1 g
- Protein: 27 g

“If you are lucky enough to find a way of life you love, you have to find the courage to live it.”

John Irving