



February: American Heart Month

February is Heart Month. Heart disease is the leading cause of death for both men and women in the and is a major cause of disability. That's why this month is an important reminder that we all need to make heart health a priority.

You Can Make Small Changes Right Now to Reduce Your Risk!

Maintain a Healthy-Weight

Even taking off a few pounds can provide cardiovascular benefits. Focus on eating healthy diet and increasing physical activity to lose the extra weight.

Eat a Heart-Healthy Diet

Eating a heart-healthy diet can reduce your risk for heart disease. Eat more fiber; it helps reduce cholesterol and manage weight.

Get Moving!

Regular physical activity can help control cholesterol, blood pressure and maintain a healthy weight.

Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. Speak with your physician to understand what method of quitting may be the best for you to use.

Manage Stress

Stress can have many health implications, especially for heart health. Creating new healthy habits can help you cope with stress.

Here when you need us.

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