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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