

FEBRUARY WELLNESS:

HEART HEALTH



In February, it is common for attention to be drawn to all matters of the heart!

Aiming for a heart-healthy lifestyle is a great goal. The Centers for Disease Control and Prevention outlines some simple strategies to promote healthy hearts, help lower heart disease risk, and help prevent conditions such as such type 2 diabetes and some types of cancer.

Here are the 7 strategies listed on the CDC website:

- 1. Learn Your Health History:** Find out your health history from your family, and discuss this history with your doctor.
- 2. Eat a Healthy Diet:** Be sure to include: whole grains, lean meats, low-fat dairy products and fruits and vegetables in your diet. In addition, aim to consume less, or limit: salt, saturated fats and added sugars.
- 3. Move More, Sit Less:** Add simple physical activity, such as walking for 5 minutes for every 30 minutes of sitting (per a new study: [5-Minute Walks Every 30 Minutes May Help Counter Effects of Too Much Sitting](#)). In addition, aim for the recommended exercise of: 150 minutes of moderate-intensity aerobic activity per week, and muscle-strengthening activities at least twice per week.
- 4. Quit Smoking:** Find support and resources by calling 1-800-QUIT-NOW or by visiting the CDC website here: [How to Quit Smoking](#). By taking steps to quit smoking, you will be on your way to reducing your risk of heart disease and leading an overall healthier life.
- 5. Take Medicines as Directed:** If you take medications for health conditions, be sure to follow your doctor's instructions carefully. Also, be sure to ask questions if you do not understand the instructions, and continue taking the medications until the doctor, nurse or pharmacist tells you not to take them.
- 6. Choose Your Drinks Wisely:** Stay hydrated with water instead of sugary drinks. If you drink alcohol, drinks should be limited to no more than 1 drink per day for women and 2 drinks per day for men.
- 7. Monitor Your Blood Pressure at Home:** Keep tabs on this health measurement by the use of a simple monitor, in the convenience of your own home.

To learn more about these strategies, click here: [7 Strategies to Live a Heart-Healthy Lifestyle](#)

And to learn more about healthy hearts through the CDC, click here: [Prevent Heart Disease](#)