

Health & Wellness

Tip of the Week

February is all about having a **healthy heart**. It is the perfect time to remind you about the importance of screenings and making heart health a habit!

Make Heart Health a Habit

Did you know that heart disease is the leading cause of death for both men and women in the U.S.? Each year, more than 600,000 Americans die from this largely preventable disease.

Take this time to learn how to keep your heart beating healthy and strong:

- ♥ Quit smoking. Smoking is a 100 percent preventable risk factor for many diseases, including heart disease. If you smoke, quit now.
- ♥ Exercise. Give your heart a healthy workout by being physically active at least 30 minutes a day, five days a week. Being active also lowers your chance of getting heart disease.
- ♥ Eat well. Cut down on meats -- no more than two servings a week. Avoid processed meats. Ramp up your intake of fruits and veggies.

Source: American Heart Association

Week 5
February 1, 2016



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