

Health & Wellness Tip of the Week

Week 9
February 27, 2017

February is all about Heart Health

It is the perfect time to remind everyone about the importance of keeping your heart beating to a steady beat.



How Does Your Heart Rate?

Find out by assessing your lifestyle. Healthy lifestyles play a big part in reducing your risk of heart disease. Ask yourself these questions to evaluate your lifestyle:

- ☒ Do I smoke, and if so, how do I stop?
- ☒ What eating habits do I need to change?
- ☒ Am I including physical activity in my daily routine?
- ☒ How can I be more relaxed?
- ☒ Do I need medication to reduce my heart attack risk?

With the right answers, a healthier lifestyle is only a heartbeat away.

Sources: American Heart Association

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