

# Health & Wellness Tip of the Week

Week 6  
February 6, 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.



### Heart Health

Heart disease kills more Americans each year than all types of cancer combined. Give your heart the care it deserves and do all you can to lower your heart-disease risk.

- ✂ Have your healthcare practitioner do a cardiac disease risk assessment.
- ✂ Follow his or her recommendations, including for medications.
- ✂ Know and manage your cholesterol, blood pressure, and blood sugar levels.
- ✂ Emphasize fruits, vegetables, and whole grains in your diet.
- ✂ Limit your intake of fat, cholesterol, and sugar.
- ✂ Reduce the amount of sodium (salt) you eat. Check Nutrition Facts labels and buy foods lowest in sodium. Also, prepare foods using as little salt as possible.
- ✂ Quit smoking now if you're a smoker and limit your exposure to secondhand smoke.
- ✂ Maintain a healthy weight or lose pounds if you need to.
- ✂ Limit the amount of stress in your life.
- ✂ Get the recommended amount of cardiovascular exercise.

*Sources: Centers for Disease Control and Prevention*

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