

Mission In Motion

Health & Wellness Weekly Bulletin

February 2012—Healthy Heart



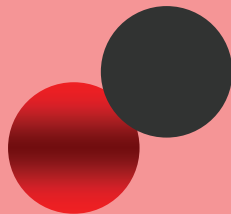
February 13, 2012—Week 2

Know your heart-saving numbers

Like your telephone number, your blood pressure and cholesterol numbers should be etched in your memory. Knowing these numbers can help save your heart and significantly reduce your risk of developing heart disease. During your next checkup or health screening:

- Get your blood pressure and cholesterol numbers and write them down.
- Ask your doctor to explain what each number means, what your target range should be and how often they should be re-checked.
- Compare new numbers to previous numbers and talk your doctor about any changes.

Source: American Heart Association



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