

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!

Reducing Risk Makes The Heart Grow Stronger

Are you in a risky relationship with your heart? It may be tempting to believe that doing just one healthy thing will take care of your heart disease risk. For example, you may hope that if you exercise regularly, you can still eat a lot of fatty foods and stay fairly healthy. Not true. To protect your heart, make the changes that address each and every risk factor you have, such as high blood pressure, diabetes, being overweight, smoking or high cholesterol.

Make an appointment with your doctor for a thorough checkup and work together to help achieve your heart healthy goal. Remember to ask questions about your chances of developing heart disease and ways to lower your risk.

Source: U.S. Department of Health and Human Services

Week 8
February 22, 2016



Human Resources
1201 E. 8th Street
Mission, Texas 78572