

# Health and Wellness Tip of the Week - Week 5

## Monthly Topic

February is *Healthy Heart Month*. It's the perfect time to remind employees about the importance of keeping your heart beat to a healthy tune!

February 2, 2015

## Don't Be a Heartbreaker – Treat Bad Cholesterol

February is a time to celebrate love. It's also American Heart Disease Awareness Month, a good reminder that your heart needs love, too. One way to guard your heart is to maintain a healthy cholesterol level.

High LDL or 'bad' cholesterol is risky. Unfortunately, less than half of the 71 million U.S. adults with high LDL cholesterol seek treatment from their doctors. Your doctor can check your level each year through a fasting blood test.

You can be kind to your heart with these lifestyle steps:

- ♥ Eat a heart-healthy diet low in trans fatty acids and cholesterol.
- ♥ Stay at a healthy weight.
- ♥ Get 150 minutes of moderate exercise weekly.
- ♥ Avoid using tobacco or being around tobacco smoke.
- ♥ Seek treatment if diet and exercise aren't enough.

If you have high LDL cholesterol, treat it and make lifestyle changes. Then you won't skip a beat when it comes to heart health.

*Sources: Centers for Disease Control and Prevention; The American Heart Association*



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