

# Health and Wellness Tip of the Week - Week 7

## 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 16, 2015

## 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*



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