



Health and Wellness Tip of the Week

Week 29 – July 15, 2019

Be Kind To Your Heart With These Life Style 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 life style 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

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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