



Women's Heart Risk

Health and Wellness

Tip of the Week
Week 7
February 17, 2020

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

Give Your Heart A Workout

Not being active is one of the many factors that lead to heart disease. It's time to get moving with these helpful tips:

- Get at least two and half hours of physical activity each week
- Add aerobic activity into your workout routine to get your heart rate up
- Set goals to add more movement in your day

Not only are you dropping the chance of getting heart disease, being active can help you feel more energized and less stressed.

Source: National Institutes of Health

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