

AMERICAN HEART MONTH

Keeping Your Lifestyle Heart-Healthy

One of Every Three Deaths in the U.S. is Caused by Heart Disease and Stroke

Heart disease includes a range of conditions that affect the heart, including coronary artery disease, arrhythmias, blood vessel diseases and congenital defects. It is the leading cause of preventable death in people 40-65 years of age. Due to the tremendous impact of heart disease, the American Heart Association has designated February as American Heart Month. Listed below are a few tips on how you can ensure that you are making heart-healthy decisions in all areas of life.

01 | Healthy Eating

Limiting saturated fats, cholesterol, sodium and added sugars go a long way in supporting heart health. Equally important is including fruits, vegetables and whole grains in your diet.

02 | Physical Activity

Exercise is one of the most effective ways to prevent and treat heart disease. Physical activity normalizes insulin and leptin levels, burns calories and helps you maintain a healthy weight.

03 | Weight Management

Making smart choices in eating habits and exercise help to balance the amount of calories we consume compared to the calories burned. Using a calorie counter or food diary app as well as tracking your exercise can help you stay motivated and watch your progress.

04 | Stress Management

Stress can increase blood pressure and contribute to health issues. Here are four simple techniques to help manage your stress:

- **Positive Self-Talk:** This will help you calm down and control stress. Use statements like "I can do this."
- **Emergency Stress Stoppers:** When you encounter a stressful situation, methods like counting to ten, going for a walk or meditation can help.
- **Finding Pleasure:** Stress makes you feel bad. Do something that makes you feel good! Take up a hobby, read a book, take a nature walk—try to do something every day that you enjoy.
- **Daily Relaxation:** To relieve stress, breathing exercises, yoga, meditation and tai chi help calm the tension in your body.

05 | Workplace Health

Many employers are realizing the benefit of promoting a healthy lifestyle for their employees. Check with your HR representative to see what programs may be available to you – discounted fitness programs, onsite gyms, etc. In addition, keep your diet healthy at work and use your breaks for 15-minute walks.

06 | Supporting Awareness

There is much you can do to safeguard your own heart health and to promote awareness in your community. For more information, please visit:

<http://www.heart.org/>

Did You Know?

Up to 82% of heart disease is preventable

References

http://www.heart.org/HEARTORG/HealthyLiving/Healthy-Living_UCM_001078_SubHomePage.jsp

<https://www.cardiosmart.org/>