

February is **Heart Health** Month

Show your heart some love! Making simple changes and prioritizing self-care can dramatically reduce your risk of heart disease!



Total health

- ♥ **Keep active** – Aim for 150 minutes of exercise weekly, but any physical activity offers heart-healthy benefits!
- ♥ **Eat a heart-healthy diet** – Eat more fresh vegetables, fruits, whole grains, and lean meats and less processed foods, salt, added sugars, and saturated fat.
- ♥ **Maintain a healthy weight** – If you are overweight or obese, losing even just 5% of your current body weight can offer tremendous health benefits!
- ♥ **Know your numbers** – Work with your healthcare team to monitor your blood pressure, blood sugar, and cholesterol levels so you can make informed decisions to improve your health.