

# February is Heart Month!



Did you know that cardiovascular disease, including heart disease and stroke, is the leading cause of death in the United States? Since February is American Heart Month, it's a great time to take steps to care for your heart.

Heart disease and stroke are largely preventable. Some positive steps you can take to reduce your risk are:

- ♥ See your physician for an annual exam.
- ♥ Have your cholesterol screened when you have your physical exam. Monitor your results as often as your physician recommends.
- ♥ Exercise 3-5 times per week, for 30-45 minutes each time. Aerobic exercise is best, such as walking, biking, or calisthenics.
- ♥ Eat a heart-healthy diet. Eat a variety of foods, and reduce fat, cholesterol, and salt intake.
- ♥ Reduce stress. Relaxation tapes, exercise, and deep breathing can help.
- ♥ Avoid cigarette smoking.

Let this month be the beginning of a heart-healthy lifestyle for you and those you love!

For more information, you may visit the American Heart Association's website at [www.americanheart.org](http://www.americanheart.org)

