

Topic: Heart Health and Cardiovascular Diseases

Title: February is American Heart Month!

Heart Month is an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. Cardiovascular disease and stroke are the No.1 and No. 5 killers in the U.S., claiming about one life every 40 seconds. The good news is that most cardiac events may be prevented with education and lifestyle changes!

HOW TO OBSERVE AMERICAN HEART MONTH

1. Take up a heart-healthy habit

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like walking or substituting sodas with water and try to stick to it for a whole month.

2. Educate yourself

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy. The BUILD YOUR HEALTH section of our employee newsletter has tips each month to improve total wellbeing.

3. Get your cholesterol and blood pressure checked

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you are at risk.

