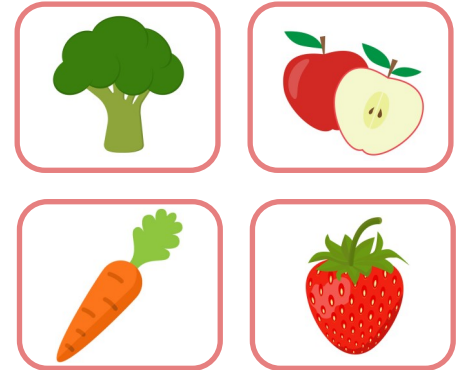


February 2021

HEART HEALTH MONTH

Healthy Nutrition

- Eat **4-5 servings/day of fresh fruits** and vegetables.
- Eating foods **high in fiber and low in saturated fats, trans fat, and cholesterol** can help prevent high cholesterol.
- Limiting salt (sodium) in your diet can also lower your blood pressure.
- **Do not drink too much alcohol.** This can raise your blood pressure. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.



Don't Smoke

- Cigarette smoking greatly increases your risk for heart disease.
- If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease.
- For help quitting talk to your doctor, call 1-800-QUITNOW, or ask your SIHO wellness team.

Healthy Activity

- Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels.
- For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week.
- Children and adolescents should get 1 hour of physical activity every day.



Take Charge of Medical Conditions

- ♥ **Know your cholesterol, blood pressure and blood sugar numbers.** Have them checked per your doctor's recommended schedule.
- ♥ **Control your blood pressure:** take meds as ordered and follow recommended diet.
- ♥ **Manage your diabetes:** monitor your sugar levels, take meds as ordered, follow recommended diet