


February is Heart Health Month!



Drop a pound or two

Easier said than done, right? Not if you cut out only 200-300 calories a day, which can help you lose up to 2 lbs. per week! Look better and feel better, inside and out.

Quit smoking in 4 steps:

Does "cold turkey" sound appealing? Probably not. Make it easier by cutting the number of cigarettes you smoke each day in half, then cut that number in half, and cut it in half again. Finally, cut down to zero!

Get off the couch!

Watch your favorite show or listen to your favorite CD while you step, march or job in place for at least 30 minutes 4 days a week.

Celebrate with a check-up

Your birthday should be an annual reminder you need a yearly check-up. Talk with your doctor about how you can reduce your risk for heart disease.

Become a salt detective

The Nutrition Facts panel on packaged foods tells you how much sodium (salt) they contain. Aim for a total intake of no more than 2300 milligrams (equivalent to a teaspoon of salt) per day. Frozen dinners are a common sodium trap, even the "healthy" ones.

*5 Simple Ways to Love Your
Heart from the American
Heart Association*

