

Wellness Tidbits

February is American Heart Month



DON'T MISS A BEAT

Cardiovascular diseases are a group of blood and heart disorders that can lead to heart attack and stroke.



Cardiovascular diseases are the leading cause of death and disability worldwide.

1 IN EVERY **4**

deaths in the US occurs as a result of heart disease



Coronary heart disease (CHD) is the most common type of heart disease, attributing to

43%

of all cardiovascular deaths.

Prevention

Make healthy changes to lower your risk of developing heart disease by:



Know Your Risk



Get Active & Eat Healthy



Watch Your Weight



Live Tobacco-Free & Drink Alcohol In Moderation



Control Your Cholesterol & Blood Pressure

Resources:

<https://www.cdc.gov>

<https://healthmetrics.heart.org/wp-content/uploads/2019/02/At-A-Glance-Heart-Disease-and-Stroke-Statistics-%E2%80%93-2019.pdf>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read this article: <https://bit.ly/3npmPfp>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Knowledge is power. TSHBP challenges you to take a few minutes to learn your health risks.

Do you accept this challenge?

**ANSWER FITBIT®
CHALLENGE HERE!**



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