

Wellness Tidbits

February is Heart Awareness Month



LIVING A HEART HEALTHY LIFE

Heart disease is the leading cause of death in the United States – for both men and women. Learn what preventative measures you can take to protect your heart and your health.

Understand Your Risks

Your risk of heart disease is higher if you:

- Have high blood pressure
- Have high blood cholesterol
- Are overweight
- Have unhealthy eating behaviors
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of heart disease
- Are older (age 55 or older for women / age 45 or older for men)

Take Action TODAY to Reduce Your Risks

- Quit smoking
- Regularly monitor your blood pressure and blood cholesterol levels
- Make healthy eating choices
- Eat vegetables, fruits, and whole grains
- Limit foods that are high in saturated fats (fatty meats, full-fat dairy products, etc.)
- Limit sugar-sweetened beverages and sweets
- Exercise daily
- Strive to maintain a healthy weight
- Sleep at least 7 hours every night

Member Benefit!

If you are at risk of developing heart disease, regular physicals can help detect onset of coronary heart disease. TSHBP considers routine physicals as part of its preventive care coverage.



Resource:
<https://www.heart.org>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What can you start to do today to reduce your risk of developing heart disease?

**ANSWER FITBIT®
CHALLENGE HERE!**



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