FEBRUARY IS NATIONAL HEART MONTH

Did you know that 523.2 million cases of cardiovascular disease were reported in 2019, a 26.6% increase over 2010? The good news is you don't have to be a statistic! By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Below are some healthy habits to help prevent heart disease.

CHOOSE HEALTHY FOODS

- Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods
- 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

GET REGULAR PHYSICAL 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 two and a half hours of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get one hour of physical activity every day.

KEEP A HEALTHY WEIGHT

People who are overweight or obese have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels.

Heart Healthy Recipes at Your Fingertips

The U.S. Department of Agriculture offers many heart healthy recipes on their MyPlate website. You can easily filter the recipes according to your nutrition goals, such as lower saturated fat and lower sodium.