



**Heart disease** is the leading cause of death for both men and women.

In the United States, someone has a heart attack **every 40 seconds**.

**Each minute**, more than one person in the United States dies from a heart disease-related event.

**Take** steps to reduce your risk.

**Be in the Know!**

#### Start by Knowing Your Numbers

You can't manage what you don't measure, which is why knowing your risk is critical to preventing cardiovascular disease. And knowing your risk starts with knowing your numbers.

Talk to your healthcare provider today to learn about your Blood Pressure, Cholesterol, Blood Sugar and BMI (Body Mass Index).

Your heart depends on it.

Information sources include: [www.cdc.gov](http://www.cdc.gov) and [www.heart.org](http://www.heart.org)



February 1<sup>st</sup>, 2019

**National Wear Red Day**

to bring awareness to heart disease in women.

February 11<sup>th</sup>, 2019

**Oatmeal Monday**

Oats are a great source of soluble fiber, the type of fiber linked to lowering blood cholesterol. Enjoy a bowl of oatmeal for breakfast.

February 14<sup>th</sup>, 2019

**Valentine's Day**



Dark Chocolate with at least 70% cocoa may be good for your heart. Enjoy in moderation and share with someone you love!

February 16<sup>th</sup>, 2019

**National Almond Day**

Evidence suggests eating 1.5 oz. per day of most nuts, as part of a healthy diet, may reduce heart disease risk.

February 27<sup>th</sup>, 2019

**National Strawberry Day**

Berry consumption has been linked with improved heart health.

Enjoy berries frequently!

You can reduce your risk of Heart Disease:

- Lose weight
  - Stop smoking
  - Make physical activity a regular part of your day
  - Manage stress levels
  - Make healthy food choices
  - Reduce your sodium intake
- For more info/recipes go to:  
[www.heart.org](http://www.heart.org)