



# February 2025

## Heart Health Month

*Heart Health Month is a time to raise awareness and take action to protect your heart. Many heart conditions are preventable with healthy lifestyle choices.*

### Understanding Cardiovascular Health

Cardiovascular disease (CVD) is often linked to factors like high blood pressure, high cholesterol, diabetes, smoking, and obesity. These can damage the heart and blood vessels over time. Protect your heart by managing your risk factors:

- **Regular Check-ups:** Monitor your blood pressure, cholesterol, and blood sugar levels.
- **Healthy Diet:** Focus on eating heart-healthy foods (more on that below).
- **Quit Smoking:** Smoking increases the risk of heart disease.
- **Manage Stress:** Chronic stress can negatively impact heart health.

### Heart-Healthy Meals

Eating nutritious, whole foods is key to maintaining heart health. Try these simple, heart-healthy meals:

- **Grilled Salmon and Avocado Salsa:** Rich in omega-3 fatty acids, this dish helps reduce inflammation and supports healthy blood vessels.
- **Quinoa & Chickpea Salad:** Full of fiber and plant-based protein, this salad helps lower cholesterol and improve heart function.
- **Berry Smoothie:** Packed with antioxidants, berries help reduce inflammation and promote healthy blood circulation.

### The Importance of Regular Exercise

Exercise is one of the best ways to improve heart health. It helps control blood pressure, manage cholesterol, and maintain a healthy weight. Aim for 150 minutes of moderate intensity exercise each week, such as walking, cycling, or swimming. Include strength training and flexibility exercises for overall health.

- **Aerobic Activities:** Walking, swimming, or cycling are excellent for cardiovascular fitness.
- **Strength Training:** Build muscle to improve metabolism and manage weight.
- **Flexibility Exercises:** Yoga or stretching routines can help reduce stress and improve circulation.

To learn more about Heart Health Month visit the CDC website [here](#) for quick information and resources made available to you.