Heart Smart: Small Steps, Big Impact

February is National Heart Health Month, dedicated to raising awareness about heart disease and the importance of maintaining a healthy heart. Heart disease is the leading cause of death worldwide, but many risks are preventable through lifestyle change.



Here are some tips to support your heart health:

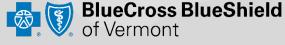
- Eat a Heart Healthy Diet focused on fiber, limited saturated and trans fats, choose lean proteins, and reduce sodium intake.
- Stay Active aiming for 150 minutes of moderate aerobic exercise each week, such as brisk walking or cycling.
- Manage Stress by practicing stress-reducing techniques such as yoga, meditation, deep breathing exercises, or simply taking time to relax.
- Avoid Smoking and Limit Alcohol. Smoking damages blood vessels and increases the risk of heart disease. If you smoke, seek support to quit.
- Monitor Your Health by keeping track of your blood pressure, monitoring your cholesterol, and knowing your blood sugar levels can help lower your risk for heart disease.
- Get Enough Sleep. Aim for 7-9 hours per night.

By adopting these heart-healthy habits and raising awareness during Heart Health Month, you can significantly reduce the risk of cardiovascular problems. Remember, small changes in lifestyle can have a big impact on heart health.

For more information and resources on heart health, visit your Be Well Vermont Wellness Platform:

www.bluecrossvt.org/bewellvt





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