

# 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.

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

[www.bluecrossvt.org/bewellvt](http://www.bluecrossvt.org/bewellvt)



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.