Let's Get Active!
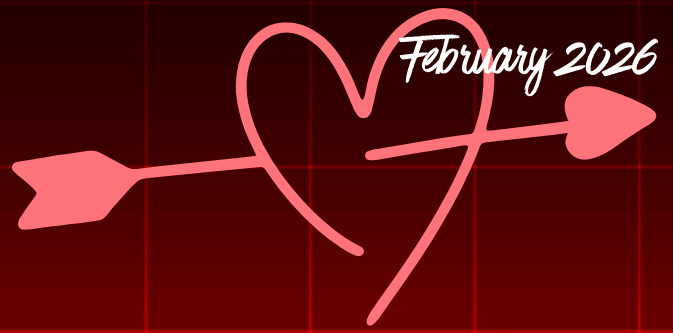
Choose one activity to do at least once a week—it can be the same one or something new each time. Put down your cell phone, turn off the TV, and step outside! Even when it's a little chilly, fresh air clears your head, and exercise helps strengthen your immune system while keeping your heart healthy. Ideas to Try:

- Take a walk on a local trail or around your neighborhood
- Go for a bike ride
- Try a family hike at a state park
- Rake leaves or do yard work (great exercise in disguise!)
- Play a game of basketball, soccer, or catch with friends or family
- Try a fitness class like yoga, Zumba, or dance
- Bundle up and go for a brisk evening walk under the stars
- Explore a new park or nature area nearby
- Start training for a 5K run

The important thing is to move your body, enjoy the outdoors, and make heart health a part of your weekly routine!

February is National Heart Awareness Month

Each February, communities across the nation come together to shine a light on heart health during National Heart Awareness Month. This observance is a reminder that taking care of our hearts is one of the most important steps we can take for overall wellness.

Heart disease remains the leading cause of death in the United States, but the good news is that many risk factors are preventable. By making small, consistent changes in our daily routines, we can strengthen our hearts and reduce the chances of developing cardiovascular disease.

Here are a few simple ways to take care of your heart:

- Stay active
- Eat smart
- Schedule regular checkups and bloodwork
- Manage stress
- Don't smoke

This month, consider wearing red on National Wear Red Day (the first Friday in February) to raise awareness and show support for those affected by heart disease. Together, we can build healthier habits, support one another, and make heart health a priority all year long.