



SAFETY SHARE: HEART HEALTH MONTH

February is National Heart Month, which is dedicated to raising awareness and encouraging people to maintain a heart healthy lifestyle. One of every four deaths in America is the result of heart disease, the leading cause of death for both men and women. Here are 5 tips on how you can keep your ticker ticking.

5 Key Tips for Heart Health

1.) Eat Well

Eating healthy food is one of the simplest ways to keep your heart happy. Avoid foods with high amounts of sugar, salt, and saturated fats. Replace them with healthier options like chicken, seafood, nuts, fruits, and vegetables.

2.) Exercise

The American Heart Association recommends adults exercise at least 2.5 hours every week. Not only will being active reduce health risks like heart disease and diabetes, but it'll also help you feel and sleep better.

3.) Sleep

Getting at least 7 hours of sleep every night can help your body avoid a number of health issues like high blood pressure and weight gain.

4.) Mental Health

Taking care of your mental health is another important aspect of maintaining a strong heart. People with depression are more prone to heart attacks and heart disease.

5.) Quit Smoking

Chemicals inside cigarettes cause blood vessels to shrink, decreasing blood flow, making heart disease, strokes, and other health issues more likely.

Quick Tips



- Eat Well
- Exercise
- Sleep well
- Take care of your mental health
- Don't smoke

SAFETY SHARE



Contact Us:



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