

# HEART MONTH

FEBRUARY 2023

2022-2023 Tennessee 4-H Healthy Living Ambassadors



February is the month to motivate Americans to adopt health lifestyles to prevent heart disease. Those with poor cardiovascular health are at an increased risk of severe illness. Heart disease is a leading cause of death in the United States for both men and women. It kills more people than all forms of cancer combined. It is important to focus on your heart health, and you can do a lot to protect your heart and stay healthy. Heart disease is preventable in most cases with healthy choices! The first Friday of the month spread the awareness by wearing red!

## How can you protect your heart health?

**Stay active.** Get moving for at least 150 minutes per week

**Don't smoke.** Smoking is the leading cause of preventable death in the United States

**Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol.

**Make heart-healthy eating changes.** Eat food low in trans fat, saturated fat, added sugar and sodium.

