

WELL BALANCED^o

- FEBRUARY 2024 -

Heart Month



Heart Health: A COMPASS TO WELLNESS

February is American Heart Month, dedicated to raising awareness about cardiovascular health and encouraging everyone to make heart-healthy choices. Beyond its physiological significance, our heart is the compass guiding us towards overall wellness.

Why Heart Month Matters:

Heart disease is a leading cause of morbidity and mortality worldwide. By taking proactive steps to understand and care for our hearts, we can make a significant impact on our overall well-being. This month serves as a reminder to prioritize heart health and adopt lifestyle habits that contribute to a strong and healthy heart.



Enjoy Your Morning Joe:

According to new research, drinking two to three cups of coffee a day is associated not only with lower risk of heart disease and dangerous heart rhythms, but also with living longer.¹ Just stop with the java by early afternoon, since you also need sleep to keep your heart healthy.

What We Can Do:

- » **Get Heart Smart:** Take a few minutes to learn about heart health, common risk factors, and preventive measures. Share information (or even this email!) with colleagues, friends, and family to spread awareness.
- » **Stay Active:** Physical activity is a great way to keep our hearts pumping. Encourage your friends and colleagues to incorporate regular exercise into their routines. Whether it's a walk during lunch, a workout class, or a weekend hike, every bit counts!

» **Eat for Your Heart:** Our food choices play a crucial role in heart health. Eating lots of foods high in saturated fat and trans fat may contribute to heart disease. Eating foods high in fiber and low in saturated fats, trans fat, and cholesterol can help prevent high cholesterol.²

» **Get Regular Checkups:** Risk factors such as high blood pressure or cholesterol generally don't have obvious signs or symptoms.³ A crucial step in determining your risk is to see your provider for a thorough checkup and risk assessment. Schedule regular checkups to monitor your heart health. Early detection and management of potential issues can make a significant difference. Encourage open dialogue about health concerns, ensuring that diverse perspectives are considered.

» **Strategize Your Sleep:** Prioritizing shut-eye can let you reap big rewards for your heart. When we sleep, our blood pressure drops to its lowest point, which allows us to maintain a healthy blood pressure during the day.

Let's make this month a time of positive change and commitment to a heart-healthy lifestyle. Together, we can build a healthier, happier workplace.⁴



Want more resources on heart health?

Talk to your employer to find out what is available to you through your Employee Assistance Program (EAP) or employee wellness program.

1. <https://www.acc.org/Latest-in-Cardiology/Articles/2022/03/25/17/36/Coffee-a-Day-May-Benefit-the-Heart-acc-2022> 2. <https://www.cdc.gov/heartdisease/prevention.htm>
3. <https://www.nhlbi.nih.gov/health/heart-healthy-living/risks> 4. <https://www.heart.org/en/around-the-aha/february-is-american-heart-month>