

February

NATIONAL HEART HEALTH MONTH



Know Your Numbers

Knowing your cholesterol, blood pressure, blood glucose, and body weight numbers can help you to better understand your heart health and prevent heart disease. Be sure to schedule your annual physical exam.



Know Signs and Symptoms

Talking to your doctor about signs and symptoms of heart disease, heart attack, stroke, and other cardiovascular conditions can help with early detection.



Maintain a Healthy Lifestyle

Maintaining a healthy lifestyle that includes regular physical activity, managing stress, and a diet low in saturated fats, trans fats, and sodium can help to reduce the risk of heart disease.



Living  **Well**

Find Support

Not sure where to start? Talking to your doctor and visiting [heart.org](https://www.heart.org) can help give you the information you need to maintain a healthy heart.



Please consult with your healthcare provider for an individualized target number or diagnosis. This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for healthcare from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

Sources:

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