

Healthy for Life

Volume 8 | February 2019

February is American Heart Month

Heart disease may be a leading cause of death, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors — such as family history, sex or age — there are some key heart disease prevention steps you can take to reduce your risk. You can avoid heart problems in the future by adopting a healthy lifestyle today. Here are seven heart disease prevention tips to get you started.

1. Don't smoke or use tobacco
2. Exercise for about 30 minutes on most days of the week
3. Eat a heart-healthy diet
4. Maintain a healthy weight
5. Get enough quality sleep



View the full article [HERE](#)
By Mayo Clinic Staff

EAT LESS SUGAR.

You're sweet enough already.

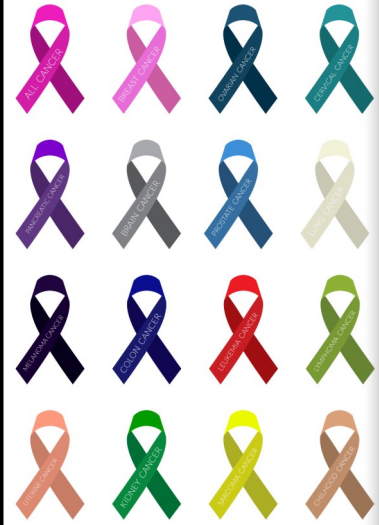
By cutting back on sugar, you are lowering your risk of:

- Diabetes
- Heart Attack
- Alzheimer's and Dementia
- Certain Cancers



It can also:

- Clear Skin
- Lower Blood Pressure
- Sharpen the Brain
- Assist in Weight Loss



4TH
FEB



WORLD
CANCER
DAY

powered by VEXELS

Click [here](#) to learn more!

6 Exercises for Heart Health

- | | |
|------------------|---------|
| Circuit Training | Running |
| Swimming | Yoga |
| Weight Training | Cycling |



Click [HERE](#) to read more!

MORE STRETCH = LESS STRESS

Stretching on a regular basis can:



- Increase Circulation
- Reduce Pain
- Increase Mobility
- Calm the Mind
- Decrease Headaches
- Decrease Risk of Injury

RECIPE OF THE MONTH



[Heart Healthy Oat & Fruit Smoothie with Almonds](#)



Remember to look for this logo to make sure an event is approved for points!

Helpful Links

- [Discounts & Resources](#)
- [Cerner Wellness Portal](#)
- [Incentive Activities](#)
- [Real Appeal](#)
- [Wellness Homepage](#)
- [Extension H4L Classes](#)



Please email any questions, comments, or personal success stories to: wellness@umsystem.edu