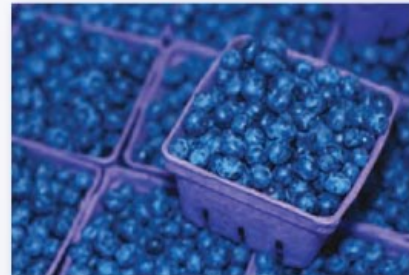




# Heart Health

Heart disease is the leading cause of death in the United States, but it's not inevitable. Although you can't control risk factors such as family history, gender or age, you can take steps to prevent heart disease. The Mayo Clinic suggests five lifestyle behaviors for limiting the risk of heart disease.

- 1. Don't use tobacco:** Smoking or using tobacco is a significant risk factor for developing heart disease. Chemicals in tobacco can damage your heart and blood vessels, leading to narrowing of the arteries (atherosclerosis), which can ultimately trigger a heart attack.
- 2. Exercise for 30 minutes on most days of the week:** Regular, daily exercise can reduce your risk of fatal heart disease. Physical activity helps control weight and prevent conditions that strain your heart, such as high blood pressure, high cholesterol, and diabetes.
- 3. Eat a heart-healthy diet:** Eat foods that are low in fat, cholesterol, and salt. Eat a variety of fruits, vegetables, whole grains, and low-fat dairy products, which can help protect your heart. Beans, low-fat sources of protein, and certain types of fish can reduce your risk of heart disease.
- 4. Maintain a healthy weight:** Excess weight can lead to conditions that promote heart disease — high blood pressure, high cholesterol, and diabetes. If you are overweight, even a small weight loss can be beneficial. Reducing your weight by just 10% can decrease your blood pressure, blood cholesterol level, and risk of diabetes.
- 5. Get regular health screenings:** High blood pressure and high cholesterol can damage your heart and blood vessels. Regular screenings can tell you if you are at risk and whether you need to take action.



## Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

# FEBRUARY 2012



"We are never too young or too old to take hold of our hearts...With proper diet, exercise and correcting issues that contribute to heart disease such as smoking and obesity, it is possible to prevent heart disease and add years to your life. If you need to make changes to your lifestyle, start small. Every baby step is a boost to your heart!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Weight Loss Convoy ALUMNI Meeting	2	3 ♥ Wear Red Day	4
5	6	7 Weight Loss Convoy	8	9 Site-Wide Health Fairs	10 Hanford WorkFit Leader Training	11
12	13	14 Weight Loss Convoy	15	16	17	18
19	20 ★ President's Day	21 Weight Loss Convoy	22	23	24	25
26	27	28 Weight Loss Convoy	29	♥ Heart Health Month <a href="http://www.americanheart.org">www.americanheart.org</a> 📁 Site-Wide Exercise Challenge 1.9.12 — 3.1.12 <a href="http://www.amhchallenge tracker.com">www.amhchallenge tracker.com</a>		

InsideOut Newsletter: [www.hanford.gov/amh/page.cfm/newsletter](http://www.hanford.gov/amh/page.cfm/newsletter)

**Service Spotlight: Website Resources** Our website is an excellent resource for clinical services, wellness programs, and interactive learning. Our site hosts the interactive WorkFit module, the Health Challenge Tracker, and many other activities to promote your health and wellness. Visit us at [www.hanford.gov/amh](http://www.hanford.gov/amh).

- ♥ Health Observance
- 📁 Class or Event
- ★ Holiday
- ☐ Exercise Minutes

## Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) \_\_\_\_\_

Blood Pressure \_\_\_\_\_

