



LARIMER
COUNTY

FEBRUARY 2021

your HEALTHUPDATE

February is American Heart Month

GET HEART smart

Heart disease is a leading cause of death in the United States and affects one in three Americans.

The good news is heart disease is preventable. Here are three actions to keep your heart healthy.



RELIEVE STRESS WITH SELF-CARE

Depression, stress, and anxiety can increase blood pressure, restrict blood flow to your heart, and damage your heart's arteries over time. Practice stress relieving habits that benefit your mental health like meditation, breathing exercises, and talking with a mental health professional to help manage stress levels.



STAY ACTIVE

Maintain regular physical activity with heart pumping activities like a brisk walk, run, swim, or bike ride for a total of 150 minutes throughout your week. **This promotes healthy weight, lower stress and LDL cholesterol levels, and increases healthy blood flow to your heart.**



HAVE A HEART TALK WITH YOUR DOCTOR

It's important to talk with your doctor about your risk factors at every age. Overlooked symptoms like indigestion, shortness of breath, or persistent pain in your neck, arms, jaw, or back can be signs of developing heart disease. Even common health conditions due to aging like menopause, low testosterone, and high blood pressure can increase your risk of heart disease.

The American Heart Association offers additional resources such as free heart healthy cookbooks and lifestyle programs to help jumpstart your journey to better heart health. Visit heart.org to learn more.