

FEBRUARY 2021

American Heart Month

Your heart is one of the hardest-working muscles in your body, but all that work can take a toll. Not treating your body right can quickly lead to serious heart issues, like heart disease. In fact, heart disease is one of the leading killers in the United States, accounting for 1 in 4 deaths annually.

Luckily, it doesn't take much to help your ticker. You can prevent heart disease by making healthy choices like eating balanced meals, exercising, quitting smoking and visiting your doctor regularly. As a precaution, you should also know the signs of a heart attack, which include:

- Chest or upper-body discomfort
- Shortness of breath
- Nausea or cold sweats

Speak with your doctor to discuss a heart-healthy regimen for you. For more information, visit www.heart.org.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (1/31-2/6) – **Create a wellness plan**

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (2/7-2/13) – **Get started**

Are you ready? Begin your plan and stick to it.

Week 3 (2/14-2/20) – **Look for improvement**

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (2/21-2/27) – **Reflect**

Did you reach your goal? Consider what worked with the plan and what should change next month.