

NUTRITION



Love Your Heart

February is Heart Month! Take care of your own heart health this month by following these simple tips.

♥ Exercise

- Download your favorite tunes and hit the gym or try an online exercise video.
 - Exercise improves blood circulation and reduces the risk of heart disease

♥ Eat Right

- Instead of fried foods try grilled or baked options.
 - Fried foods are high in saturated fats which have been shown to increase the risk of heart disease.
- Instead of white, try whole wheat bread, pasta, and cereal
 - These foods are high in fiber which reduces cholesterol and prevents against heart disease.

♥ De-Stress

- Treat yourself this month by watching a great movie with friends or a loved one.

For more information on how to take care of your heart this month, visit www.heart.org

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