

# American Heart Month

Heart disease is the #1 killer in the U.S. Healthy eating and physical activity go a long way in preventing heart disease, and help keep it from getting worse if you already have it.

## What are risk factors for heart disease?

- High blood pressure
- Being overweight or obese
- Smoking
- Being physically inactive
- Family history of early heart disease
- Unhealthy diet
- Age (55 or older for women)

## Take action to improve your health.

- **Walk it out** - Walking 30 minutes a day can reduce the risk of heart attack and stroke. Take the stairs, not the elevator. Park farther away. Take a group walk with co-workers.
- **Java lovers rejoice** – A little coffee pick-me-up may bring down your risk of stroke. Just one cup a week can make a difference.
- **Squash high cholesterol** – A serving of acorn squash has nearly 10% of your daily value of fiber, which can reduce cholesterol.
- **Hit snooze** – Why count calories when you can count sheep? Seven to 8 hours of sleep can help you maintain a healthy weight.
- **Eat more fruits and veggies** – Fruits and veggies, like other plants or plant-based foods, contain substances that may help prevent cardiovascular disease.
- **Quit smoking** - If you smoke, you are more than twice as likely to have a heart attack as non-smokers.



Keep your heart healthy  
so you can live  
your BEST life.

Follow us on social media!



## Heart Health in Action

Are you participating in a group walk or taking a stroll at the park? Show us your heart health in action by sending your photo(s) to [wfmt.tn@tn.gov](mailto:wfmt.tn@tn.gov) or to your Regional Wellness Coordinator.

To help your department's Wellness Council earn wellness points this quarter, please be sure to include your department's name in your email.