WORKING FOR A HEALTHIER TN

Acts of Self-love

American Heart Month is a great time to remember that heart disease, the leading cause of death for men and women in the U.S., can often be prevented by making healthy choices and managing health conditions. Here are five simple acts of love to give yourself a healthier heart this year:

1

Don't be so salty. Choose low- or no-sodium foods. Flavor foods with herbs and spices instead of salt.

2

Eat fewer foods with saturated fats, such as fatty cuts of meat, poultry with skin, full-fat dairy, butter, lard and coconut and palm oils.

3

Get your heart beating faster with aerobic exercise. Take a brisk walk or the stairs during a rest or lunch break.

4 **Stress less.** Deal with your stressors by talking with your support system, do deep breathing, stand and stretch, laugh a little and play your favorite music.

5 **Avoid secondhand smoke or quit smoking.** Employees and spouses enrolled in medical insurance through Partners for Health have access to a no-cost tobacco quit program. Call 888-741-3390. You also have prescription drug coverage for free tobacco quit aids.