

ACTS OF SELF-LOVE

FEBRUARY IS AMERICAN HEART MONTH

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 WHEN WE MAKE HEALTHY CHOICES AND MANAGE OUR HEALTH CONDITIONS. HERE ARE 5 SIMPLE ACTS OF SELF-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 & 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 & coconut & 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) Deal with your stressors. Start stressing less by talking with your support system, do deep breathing, stand & stretch, laugh a little, play your favorite music.

(5) Avoid secondhand smoke or quit smoking. ParTNers for Health plan members have access to a no-cost tobacco quit program through ActiveHealth. Call 888-741-3390. You also have prescription drug coverage for free tobacco quit aids.



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