



Love Your Heart

Protect yourself and your loved ones from Heart Disease and Stroke

February is American



Month

1. Get active by being physically active for at least 30 minutes on most days of the week.
2. Know your ABCS: Ask your doctor if you should take an Aspirin every day. Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment. If you Smoke, get help to quit.
3. Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
4. Take control of your heart health by following your doctor's prescription instructions.