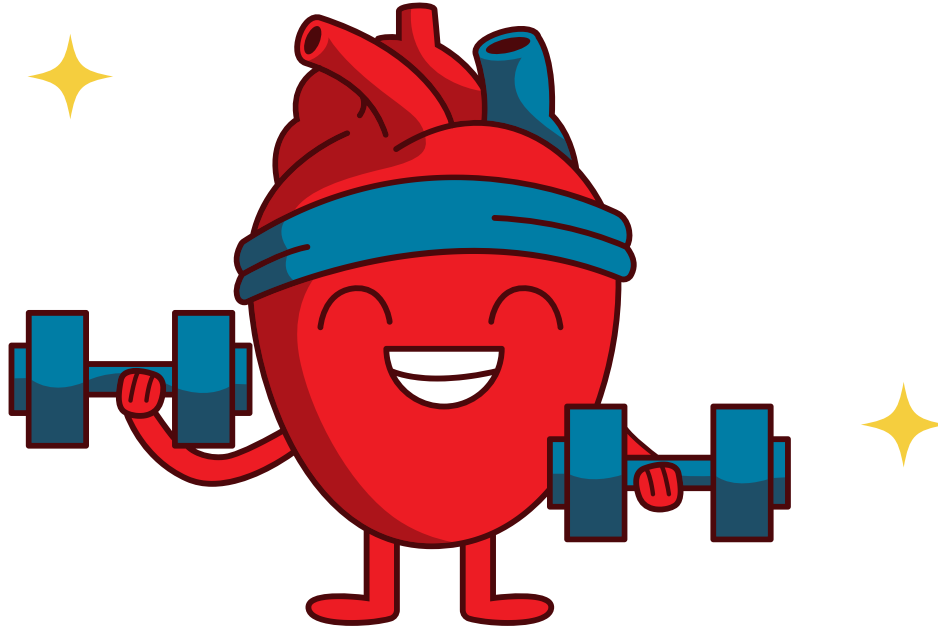







FEBRUARY IS AMERICAN HEART MONTH

February is dedicated to **heart** health—take action today for a stronger tomorrow!



-  **Know Your Risk** – Understand your family history and get regular health screenings.
-  **Eat Smart** – Choose nutrient-rich foods that support heart function.
-  **Stay Active** – Engage in daily movement, from walking to dancing!
-  **Reduce Stress** – Practice mindfulness, deep breathing, and self-care.
-  **Quit Smoking** – Improve heart and lung health by making a change today.

Join the movement! Wear red this month, start healthy habits, and encourage friends and family to do the same.

For more information and heart health resources, visit the American Heart Association <https://www.heart.org/> and Million Hearts (CDC) <https://millionhearts.hhs.gov/>.



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Department

Love Your **Heart** – Keep It Strong!

Your heart works hard for you every day, so help it out! A strong heart means more energy, better health, and a longer life.



What is Heart Health?

Heart health means keeping your heart and blood vessels strong to prevent heart disease, high blood pressure, and stroke.

Easy Ways to Keep Your Heart Happy:

- ✓ **Move More** – 30 minutes of activity a day keeps your heart strong!
- ✓ **Eat Smart** – Choose fruits, veggies, whole grains, and lean proteins.
- ✓ **Drink Water** – Stay hydrated and limit sugary drinks.
- ✓ **Manage Stress** – Deep breaths, good sleep, and fun activities help!
- ✓ **Know Your Numbers** – Check blood pressure and cholesterol levels.
- ✓ **Say No to Smoking** – It harms your heart and blood vessels.

Did You Know?



Heart disease is the #1 cause of death in the U.S., but 80% of cases are preventable with healthy habits!



Heart disease is the leading cause of death for women, yet many don't know the signs. Symptoms can be different from men's and may include fatigue, nausea, shortness of breath, and jaw or back pain.



High blood pressure is known as the "silent killer" because it often has no symptoms but increases the risk of heart disease and stroke.



Dark chocolate (at least 70% cacao) can be good for your heart! It contains antioxidants that may help lower blood pressure and improve heart health.

Learn More:

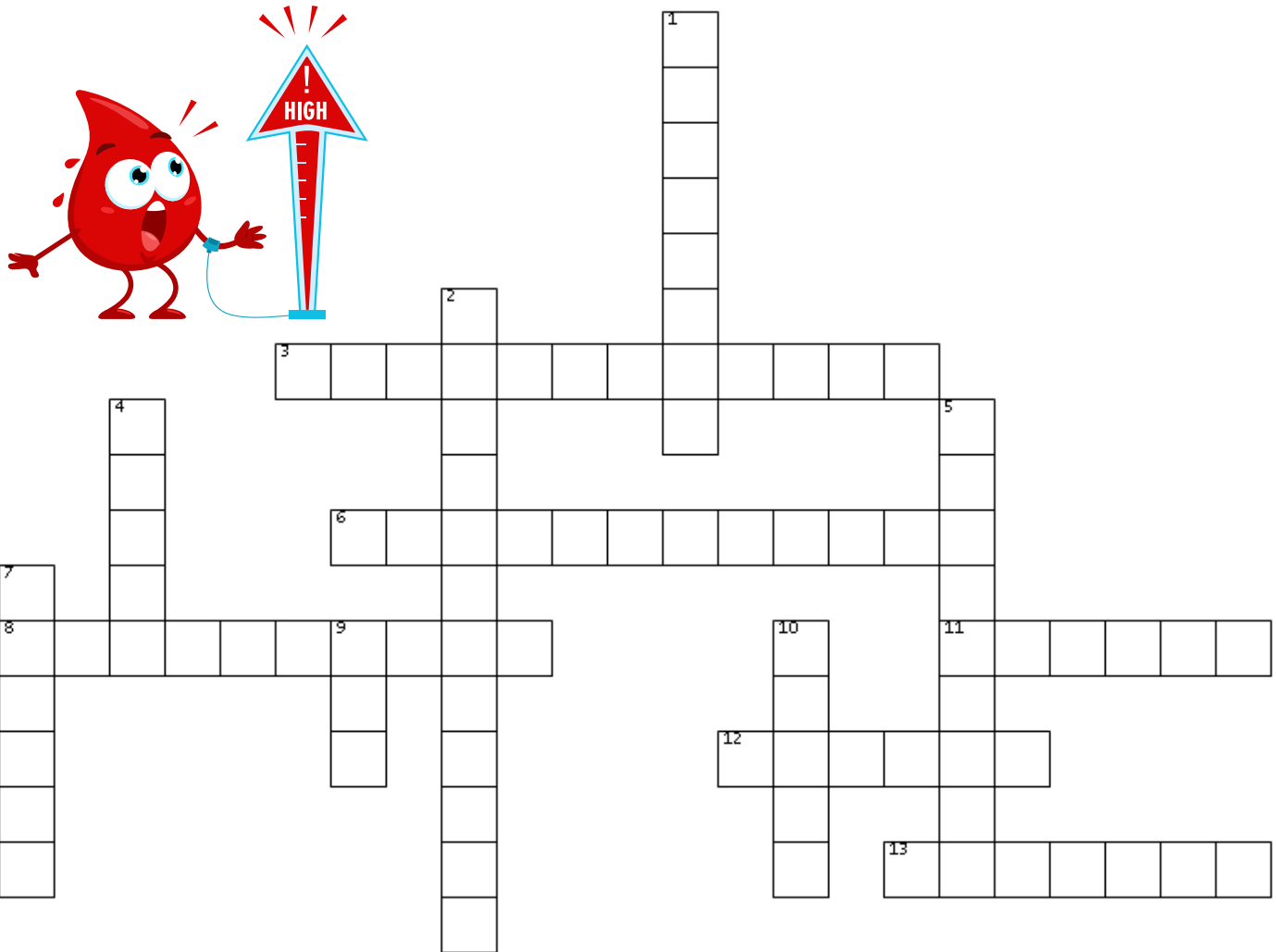
American Heart Association to learn more: <https://www.heart.org/>

Centers for Disease Control & Prevention: <https://www.cdc.gov/heart-disease/about/index.html>

Million Hearts: <https://millionhearts.hhs.gov/>

Heart Smart: A Puzzle for a Healthy Heart!

Use the clues below to fill in the words. Words can go across or down.
Letters are shared when the words intersect.



Crossword Hints

ACROSS

- 3. The term for high blood pressure.
- 6. A type of fat that raises bad cholesterol.
- 8. A condition where the heart beats too fast, too slow, or irregularly.
- 11. The mineral that can raise blood pressure if consumed in excess.
- 12. A form of exercise that strengthens the heart.
- 13. The number one preventable cause of heart disease.

DOWN

- 1. The main ingredient in tobacco products that harms the heart.
- 2. A disease caused by blocked or narrowed blood vessels.
- 4. The best way to stay hydrated for heart health.
- 5. A nutrient that supports heart muscle function.
- 7. A fruit high in potassium that helps lower blood pressure.
- 9. A type of good cholesterol that helps remove bad cholesterol.
- 10. The organ that pumps blood throughout the body.

Heart Smart: ANSWER KEY

ACROSS

- 3. HYPERTENSION
- 6. SATURATED FAT
- 8. ARRHYTHMIA
- 11. SODIUM
- 12. CARDIO
- 13. SMOKING

DOWN

- 1. NICOTINE
- 2. HEART DISEASE
- 4. WATER
- 5. POTASSIUM
- 7. BANANA
- 9. HDL
- 10. HEART

Find Your Way to a Healthy Heart!

Find the words in the puzzle. Words can go in any direction and may share letters as they cross over each other. Circle or highlight each word as you find it. How many can you find?

W	H	O	L	E	G	R	A	I	N	S	G	S	N	A
B	V	B	M	H	D	P	M	W	R	N	L	I	E	M
E	S	T	R	E	N	G	T	H	I	E	E	R	J	U
R	R	G	R	K	G	N	B	K	E	T	O	F	K	I
R	E	Q	J	D	P	A	L	P	O	B	M	R	V	S
I	T	B	D	N	U	A	Q	R	I	P	M	E	J	S
E	A	T	Q	Z	W	P	P	C	L	Z	Y	S	H	A
S	W	W	E	L	L	N	E	S	S	N	M	H	Y	T
W	N	O	I	T	A	X	A	L	E	R	U	A	D	O
L	W	B	S	E	E	Z	Y	C	O	F	K	I	R	P
A	K	B	L	R	O	R	N	Y	R	V	U	R	A	M
P	R	Y	C	N	E	A	S	M	O	O	W	J	T	O
F	T	I	S	E	L	B	A	T	E	G	E	V	I	K
K	S	J	V	A	G	J	I	U	U	F	A	O	O	Q
E	U	K	B	A	N	K	O	F	A	N	C	Z	N	O

Word Bank

Aerobic Exercise
Fiber
Lean Protein
Potassium
Strength
Water
Yoga

Balance
Fresh Air
Nuts
Relaxation
Vegetables
Wellness

Berries
Hydration
Omega
Sleep
Walking
Whole Grains

