

February Tips

American Heart Month

Heart disease is the leading cause of death and a major cause of disability in the U.S., according to the CDC. An active lifestyle and healthy diet are the best ways to reduce your chances of developing heart disease. In honor of American Heart Month, here are some simple activities and diet suggestions you can use at work and at home to support a healthy heart.



Brainstorm project ideas with a co-worker while taking a walk.



Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.



Schedule exercise time on your business calendar and treat it as any other important appointment.



Use water or a small amount of vegetable oil to sauté vegetables. Avoid frying, especially deep-frying. Other heart-healthy cooking methods include poaching, steaming, roasting, baking and boiling.



Don't forget the Fiber. Fiber helps remove cholesterol from the blood which is why it's such an important part of a heart-healthy diet. Choose whole grain breads and cereals and eat plenty of fruits and vegetables (skin and all) and you'll have a healthier heart.