



**National American Heart Month  
Rejuvenate  
Working It Out and Pumping It Up!**

February is National American Heart Month. This month, we want to raise awareness across the nation about heart health and educate those around us to help prevent heart disease.

Why do we care so much about Heart Health Month?

It is pertinent to know that Heart Disease is the leading cause of death in the US today for men and women. It is a problem we need to address by taking action and educating ourselves on how to help our hearts stay healthy.

I am going to help you learn about heart health and show you how easy it is to take those first steps towards a more heart-healthy lifestyle. Even better, I am going to do so in just a few easy steps. This will be easy to comprehend information and education combined with some realistic suggestions to help you make some small changes that will increase your longevity by helping your heart stay healthy!

For those of you on a more advanced level, congratulations! Just remember, the heart is a muscle, so keep pumping it up! See my article later in the week for more information!

What Exactly Is Heart Disease?

Heart Disease is a catch-all category for various conditions that affect the heart, its structure, and its function. You are probably most familiar with Coronary Heart Disease, which is when plaque hardens in your arteries, so blood cannot get to the heart appropriately.

There are more examples that fall under Heart Disease such as Arrhythmia and Myocardial Infarction.

The good news is that with these few easy steps, you can reduce your risk for heart disease and educate yourself and those you love! After all, the heart is a muscle, so let's work it out and pump it up!

One of the best things we can do for our heart is to be more active. I know how hard it can be to get started on a workout routine, so let's discuss some ways to get started.

1. Start slow. Make small and easily attainable goals to begin with. Nothing is too small, and nobody has to know about your goals if you don't want them to. There is nothing to be ashamed about when you are starting out! Do not make unattainable goals! If you think you can walk comfortably for 5 minutes, start there and then build up as you can. Remember, every little bit helps!
2. See if there is a friend or neighbor who can work out with you; it is always better with a friend...and if you go it alone, remember songs and playlists are your friends too!
3. Make a journal of your progress so you can see how far you have come.
4. Remember, you don't have to work out or do cardio 7 days a week, most definitely 3-4 days is great! If you can or want to do more, then do it!
5. You will find that once you start exercising, you will not want to eat as much junk as you regularly do, and by default, you will make better eating choices.
6. Physical activity actually, I swear, gives you more energy.
7. Physical activity helps you sleep better.
8. A huge benefit to any kind of physical activity is to help you manage stress. Stress is extremely hard on your body and on your heart! You could even take up a kick boxing class or something!

I am going to challenge myself to begin keeping a workout journal starting TODAY in 2020. Being held accountable, if only to yourself, always helps, so if you would like to challenge yourself to begin a workout journal too, please sign up with your e-mail here, and we will send you a FREE digital workout journal!

### **What Else Can You Do to be Proactive?**

- Get your doctor or test your cholesterol and blood pressure
- Own your lifestyle – take those small steps to exercise
- Teach your family about heart health
- Realize your risk for heart disease and talk to your doctor
- Drink alcohol in moderation
- Eat more heart-healthy food

Please take the time to look at these 3 wonderful resources provided to us by the US Dept of Health and Human Services, found at <https://www.nhlbi.nih.gov/>

These are great visuals with lots of short, helpful information!

- 25 ways to take part in Heart Month
- 28 days towards a healthy heart
- Taking care of our hearts together

Pump Up Your Heart With Me!