



# You Can!

## Reduce the Risk of Heart Disease



**February is American Heart Month** observed to raise awareness of the importance of a healthy heart and to encourage healthy habits. **Life's Simple 7®**, according to the American Heart Association, are the 7 risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health.

1. **Manage Blood Pressure** - [High blood pressure](#) is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.
2. **Control Cholesterol** - [High cholesterol](#) contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.
3. **Reduce Blood Sugar** - Most of the food we eat is turned into glucose (or [blood sugar](#)) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.
4. **Get Active** - Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily [physical activity](#) increases your length and quality of life.
5. **Eat Better** - A [healthy diet](#) is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy - for life!
6. **Lose Weight** - When you [shed extra fat and unnecessary pounds](#), you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.
7. **Stop Smoking** - Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, [quitting](#) is the best thing you can do for your health.

Source: American Heart Association

February 2021

Gather family and friends and register for **Spring Forward**, a virtual Fun Run/Walk benefitting Minuteman and the health of those who participate.

**May 1- May 9**

[www.MinutemanSenior.org](http://www.MinutemanSenior.org)



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