

American Heart Month

It's no secret February is all about hearts — but not just the candy kind.

It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the No. 1 killer of Americans. Cardiovascular disease (heart disease and stroke combined) kills about 2,300 a day. Obesity in both youth and adults is at an all-time high, youth are being diagnosed with heart disease earlier than ever.

PRACTICE HEALTHY LIVING HABITS



Eat a
healthy
diet



Maintain
a healthy
weight



Be active
on most
days



Don't smoke
or use
tobacco



Limit
alcohol
use

