Cardiovascular disease is the #1 health problem in the United States. Since February is all about showing love to those closest to you, why not show some love to yourself and take care of your own heart?

WEEK 1: HOW MUCH SALT?
- Recommended to eat <2300mg salt/day but we typically eat ~3400mg/day!
- Make a habit to check the nutrition label on your groceries
- When buying packaged food, choose the low-sodium or sodium-free options
- Experiment with fresh herbs like cumin, basil, rosemary, and cilantro
- Cook from scratch more often – a ready-made roasted turkey can contain ~5400mg/serving

WEEK 2: DE-STRESS THE MESS
- If you’re often stressed, it increases your likelihood for having high blood pressure and heart disease
- Relax every day this week: Read, meditate, listen to music, write in a journal – mix it up
- Do something special for your loved ones this Valentine’s Day to show your appreciation

WEEK 3: WHAT’S YOUR BLOOD PRESSURE?
- Nearly 1/3 of adults have high blood pressure and ½ don’t know it!
- Come to the KE Blood Pressure Check on February 18th in Mac at noon to find out yours

WEEK 4: GET OUT AND WORKOUT
- Exercise regularly this week. Check out “Two is Better than One” article for tips on how to pump up your cardio routine with a partner
- Take the stairs instead of elevator, shovel the snow, or park farther away from work

CHALLENGE YOURSELF:
For each week in the month of February, focus on ONE activity in order to become more aware of your current habits and help you make better choices. Let’s make the shortest month of the year count!

WEEK 4: GET OUT AND WORKOUT