

## Heart Health Awareness



According to the CDC, one in three U.S. adults has high blood pressure (hypertension), a condition that can easily get out of control and set you up for heart disease—the leading cause of death nationwide.

High blood pressure generally develops slowly without symptoms, and can silently damage your arteries, heart and other organs. That's why getting regular blood pressure checks are vital - even if you feel fine!

It's also vital to prevent developing hypertension by limiting fat, sodium and alcohol, maintaining a healthy weight and exercising regularly. Even if you currently have hypertension and are taking medications, using these preventative measures can help your medications work more effectively!

**Be sure to talk to your doctor before starting any new fitness regimen**

## Stress and Your Heart

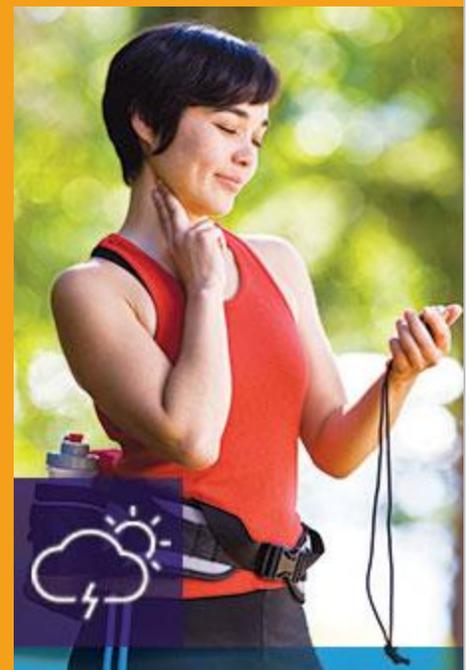
Mental stress does more than diminish your sense of well-being; it also can increase your risk of heart disease.

### Chronic stress can...

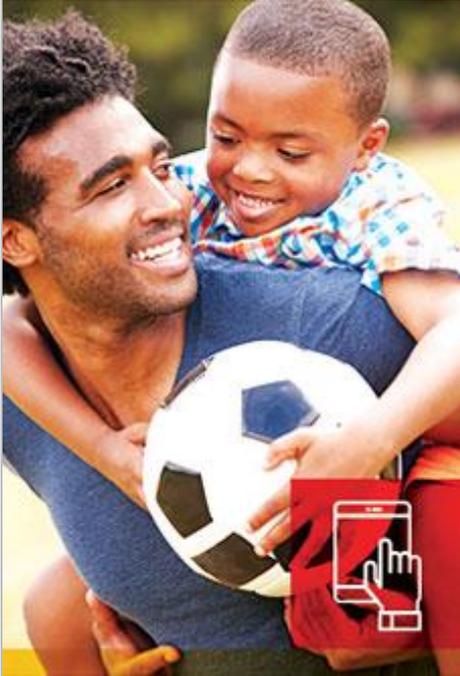
- Raise blood cholesterol and blood pressure, resulting in hardening of the arteries.
- Prompt unhealthy habits like smoking, overeating and excessive drinking-additional factors that can increase your risk.

### To counteract stress...

- Exercise. Aim for 30 minutes of moderately intense activity, such as brisk walking, most days of the week.
- Build-up your support system. Supportive people can reduce your stress and help you take better care of yourself.
- Seek help for stress, depression or anxiety.



## Set Healthy Limits on Technology



Continuously checking your computer or phone for messages, or refreshing news feeds can be unhealthy if it's preventing you from being productive in other areas of life. It can intrude on your relationships or rob you of getting the full experience a special moment or spending time with your own thoughts. These simple tips can help you keep technology in its place:

**Unplug when sharing time with others.** Give them your undivided attention.

**Don't walk and scroll.** Not paying full attention to your surroundings when you're out in public or in nature can leave you at risk for harm if you're not careful.

**Turn off and tune into the moment.** Whether you're on a boat ride, at the ballgame or at a lecture, be absorbed in the event.

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## National Heart Health Month



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