



# February is American Heart Month

Heart disease is the leading cause of death in the United States. To focus on this critical health issue, February has been declared American Heart Month, which makes this a great time to give some love to your heart. The Minnesota Grocers Association has compiled a list of tips from the American Heart Association to help you improve your heart healthy habits and reduce the risk of heart disease.

For more information, visit <http://www.mngrocers.com/index.php/consumers/> or [www.heart.org](http://www.heart.org)



## Love Your Heart and Your Health

- Assess your health and learn your heart score by taking the online My Life Check assessment found at <http://mylifecheck.heart.org/>. Once you know your rating, use the Life's Simple Seven action plan to help you make a few easy changes to improve your score.
- Use an online tool to track your heart health, make goals for 2011 and log your progress. The American Heart Association offers the free and secure site, <https://www.heart360.org/Default.aspx>. Many health care providers also have similar sites to track your medical history and monitor your health.
- Get active! Moving a little more each day can dramatically improve your health. The holidays and cold winter months can make regular exercise a challenge, so look for healthy alternatives like active-play video games.
- Makeover your health with the online 12 week nutrition and fitness program, Go Red BetterU at <http://www.goredforwomen.org/betteru/>. The online journal, expert tips, recipes and discussion forums can help revamp your lifestyle and change your overall health.
- Prepare for an emergency by training yourself and family members in CPR. Visit the American Heart Association's website to find a class, request a CPR anytime training kit or download the Pocket First Aid & CPR mobile phone app.
- Share the love with your family and friends by throwing a heart healthy dinner party that doesn't sacrifice the flavor. Look for delicious recipes online at [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center\\_UCM\\_001188\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp)

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