



FEBRUARY IS HEALTHY HEART MONTH

HEALTHY HEART TIPS

ENCSD LOCAL

WELLNESS PROGRAM

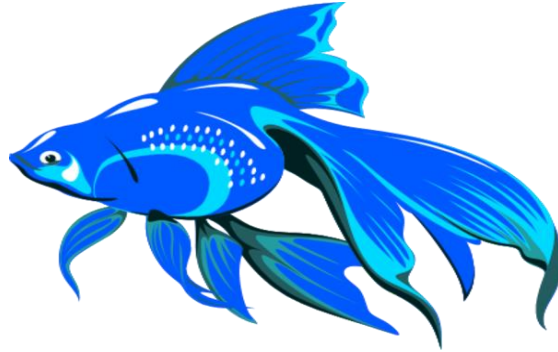


FIND YOUR HAPPY PLACE

A SUNNY OUTLOOK IS GOOD FOR YOUR HEART

A NICE SMILE WILL HAVE OTHERS TO SMILE WITH YOU

AND WILL KEEP YOUR HEART HEALTY



Go Fish

Eating more Salmon, Herring, Sardines, and Tuna

Can Reduce the Risk of

Heart Disease by A Third Or More



SHUN THE SALT

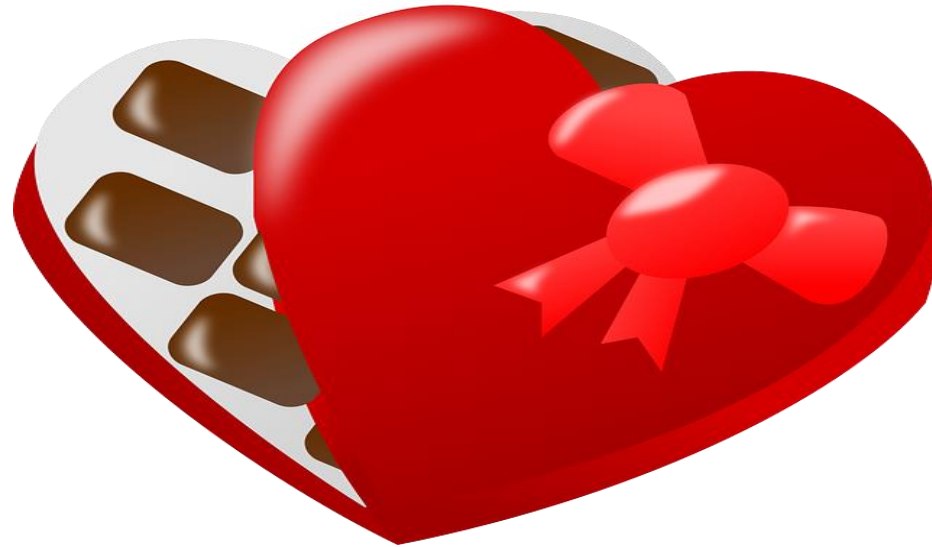
Reduce Your Intake Of Salt By Just A Half Teaspoon

A Day Will Reduce Coronary Heart Disease



MOVE IT, MOVE IT, MOVE IT

Exercise Every Day



EAT CHOCOLATE

Eat Rich, Dark Chocolate Candy in Moderation

The Flavonoids it Contains Can Help

Stave Off Heart Disease



CONSIDER PET THERAPY

Studies Reported That Owning

Pets Can Lower the Rate of

Dying From Heart Disease



GO NUTS

**Almonds, Walnuts, Pecans, And
Other Tree Nuts Deliver A Powerful Punch
For Lowering Your Risk of Cardiovascular and
Coronary Heart Disease**



CUT THE FAT

Slicing Your Fat Intake To More Than

30 Percent of Your Daily Calories

Will Help Cut Your Risk of Heart Disease



MAKE TIME FOR BREAKFAST

The First Meal Of the Day

Is One You Should Not Skip.



BREW UP A HEART HEALTHY PORTION

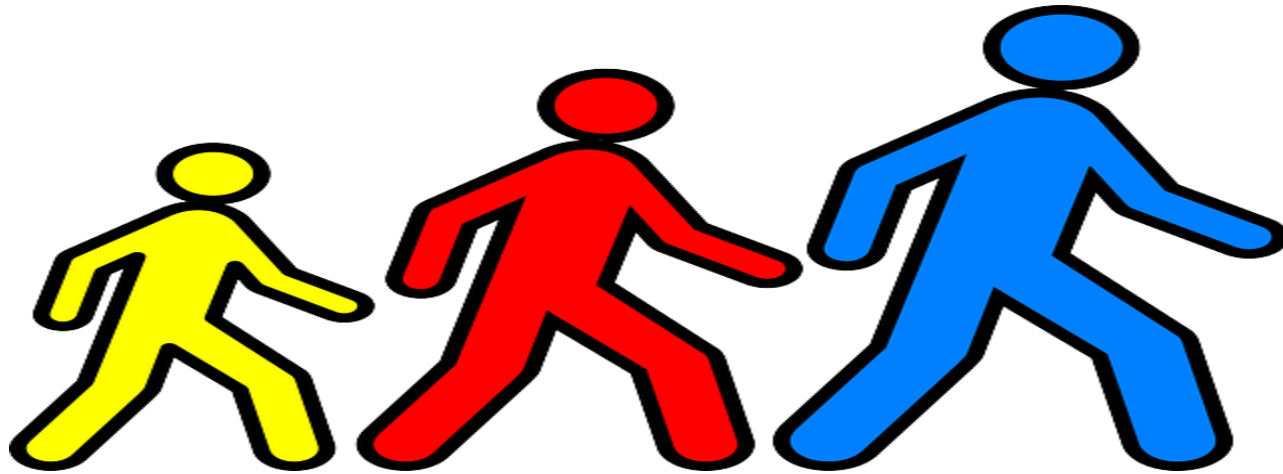
Sipping on Green or Black Tea Can

Improve Arterial Health



PUMP SOME IRON

**Strength Training Needs To
Be Part Of the Your Life.
Strength Training Helps Lower
The Risk Of Heart Disease**



WALK IT OFF

A Five-Minute Walk Will Do

Wonders For Clearing Your

Head And Lowering Your Stress Levels