



McHenry County Department of Health

MCDH

*“Working to prevent disease and promote health and safety
for all people of McHenry County since 1966.”*

February is Heart Month!

Take Steps to Reduce Your Risk Now

- **Did You know** that cardiovascular disease, including heart disease and stroke, is the leading cause of death in the United States? Since February is American Heart Month, it's a great time to take steps to care for your heart.
- **Heart Disease and Stroke** are largely preventable. Some positive steps you can take to reduce your risk are:
 - ♥ See your physician for an annual exam.
 - ♥ Have your cholesterol screened when you have your physical exam. Monitor your results as often as your physician recommends.
 - ♥ Exercise 3-5 times per week, for 30-45 minutes each time. Aerobic exercise is best, such as walking, biking, or calisthenics.
 - ♥ Eat a heart-healthy diet. Eat a variety of foods, and reduce fat, cholesterol, and salt intake.
 - ♥ Reduce stress. Relaxation tapes, exercise, and deep breathing can help.
 - ♥ Avoid cigarette smoking.



Let this month be the beginning of a heart-healthy lifestyle for you and those you love!

For more information, you may visit the American Heart Association's website at <http://www.americanheart.org/>

Make Healthy Living a Part of Your Life

www.mcdh.info

(815)334-4510