

February is Heart Month

To keep your heart healthy:

- ♥ Eat healthy
- ♥ Get active
- ♥ Manage your stress
- ♥ Stop smoking/using tobacco
(and stay away from secondhand smoke)
- ♥ Watch your weight
- ♥ Control your cholesterol, blood pressure, and blood sugar
- ♥ If you drink alcohol, drink only in moderation
- ♥ Get at least 7 hours of sleep nightly



For more heart healthy information visit these websites:

- ♥ American Heart Association- www.heart.org
- ♥ UMass Department of Psychiatry Wellness Webpage-
www.umassmed.edu/Psychiatry/Wellness.aspx



Fun Fact - A dark chocolate a day keeps the doctor away according to WebMD. Dark chocolate contains flavonoids which are good for your heart. More is not better though. Limit portion size to 1.6 ounces a day. Remember, even dark chocolate is full of fat, sugar and calories.