

February is Heart Month

To keep your heart healthy:

- ♥ Eat healthy
- ♥ Get active
- ♥ Manage your stress
- ♥ Stop smoking/using tobacco/vaping
(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-
https://www.umassmed.edu/psychiatry/resources/wellness/wellness_initiative/



Fun Fact - The cocoa bean contains flavonoids which are good for your heart. Your best choice is dark chocolate over milk chocolate. So, enjoy a 1 oz. portion of chocolate a few times a week. Don't forget to enjoy other flavonoid-rich foods like apples, tea, onions and cranberries.