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/vapor)
♥ 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/

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.