

WHITE PLAINS HOSPITAL

Take Charge of Your Health

February is American Heart Month!
Here are some healthy heart tips



- Give Your Pantry a Make-Over
Start the year off right by discarding junk foods, reducing processed foods, and stocking up on healthy grains, unsalted nuts, and olive oil.

- Know Your Numbers
High blood pressure raises heart disease risk, but is often silent. Have your blood pressure checked regularly and take hypertension medications as prescribed.

- Get Quality Zzzzzzzz
Not getting enough sleep can raise your risk of heart disease. Aim for seven to nine hours of high-quality restorative sleep nightly.

- Keep Moving...It's Easy!
Add activity to your day. Park farther away from the store, take the stairs when you can, and get up and walk in place during TV commercials.

**did you
know ?**

Too much sitting affects the way our bodies process sugar and cholesterol, even if you work out regularly. Try to get up and walk periodically during your day.