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FOR IMMEDIATE RELEASE
February is Heart Health Month
February 20, 2023

Heart disease is the leading cause of death in the United States. According to the Center for Disease Control and Prevention (CDC) one in five deaths is due to heart disease, even though the disease is largely preventable. February is heart health month, a time when all people can focus on ways to improve their heart health.

Here are some ways to improve your heart health:

- Move your body each day. This can be as simple as parking further from the door when shopping, walking 10 minutes 3 times a day or putting on some of your favorite music and dancing around the house.
- Eat more fruits and vegetables. Fresh, canned, or frozen fruits and vegetables are all good for you. Eating foods such as whole grains, low-fat or fat-free milk products, eggs, and lean meats is a must for a healthy heart.
- Reduce your stress. We can't always limit the amount of stress in our lives, but we can change how we react to it. There are several techniques that can be used to relieve stress including, meditation, deep breathing, and stretching. Taking a yoga or tai chi class or talking to a professional counselor can be a great way to decrease the stress in your life.
- Get enough sleep each night. Good sleep helps the body repair itself and helps you function normally during the day. According to the CDC, high blood pressure, type 2 diabetes, and obesity are some of the health problems that can be linked to poor sleep.

Keeping your heart healthy starts with living a heart-healthy lifestyle. Get smart about your heart, know what causes heart disease, what puts you at risk for it, and how to reduce the risks to protect your heart and keep it strong.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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The Taney County Health Department envisions a community of healthy people. Every day, we work to achieve this vision through leadership, collaboration, education and service. We value integrity, learning, teamwork, positive communication, quality improvement and dedicated service. Please visit our website <http://www.taneycohealth.org> to learn more about our services.