



Heart Health Month February 2021

- ❑ **Schedule an appointment with your physician to understand your current health and cholesterol levels**
 - Trans fats work against us and clog our arteries by raising bad cholesterol levels (LDL) and lowering good cholesterol levels (HDL)
- ❑ **Understand the main risk factors for heart disease**
 - Knowing which factors play a primary role in heart disease can afford you a quick road map to better managing what to improve on in your life
- ❑ **Know the signs of a heart attack and stroke symptoms**
 - Identifying the most common symptoms of a heart attack or stroke can save your life or the lives of those around you
- ❑ **Don't sit for too long at one time**
 - During our current environment, we are sitting in ever increasing amounts. It is still pertinent to take breaks throughout the day and go on walks to exercise our heart
- ❑ **A little bit of exercise goes a long way**
 - 150 minutes of exercise a week can provide you with the following benefits:
 - ↑ Lower risk of heart disease, stroke, type 2 diabetes, high blood pressure, dementia and Alzheimer's
 - ↑ Improved cognition, including memory, attention and processing speed
 - ↑ Less weight gain, obesity and related chronic health conditions
 - ↑ Better quality of life and sense of overall well-being
- ❑ **Continue getting educated on heart health**
 - Attend HR and American Heart Association's webinar, "Practical Steps to Prevent Coronary Artery Disease" on February 9th
 - Seek additional resources from your physician, the American Heart Association, or online

If you have questions, please contact our wellness program at 310.506.4190, or Human Resources at 310.506.4397.



THRIVE

WELLNESS PROGRAM

Helpful Resources

- ❑ **American Heart Association's *Healthy Living***
- ❑ **Risk Factors for Heart Disease**
- ❑ **Heart Attack and Stroke Symptoms**
- ❑ **Recommendations for Physical Activity (Adults & Kids)**
- ❑ **Human Resources Wellness Webinar Collection**

Contact Information

- ❑ **Health Advocate**
(866) 799-2728
www.myhealthadvocate.pepperdine.edu
- ❑ **Human Resources
Thrive Wellness Program**
community.pepperdine.edu/hr/wellness