

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 and the signs of a heart attack and stroke.**
 - Knowing which factors play a primary role in heart disease can afford you a quick road map to identify what to improve in your life.
 - Identifying the most common symptoms of a heart attack or stroke can save your life and the lives of those around you.
- ❑ **Don't sit for too long at one time - a little bit of exercise goes a long way.**
 - Take part of your lunch or 15-minute breaks and go on walks to increase your heart rate.
 - 150-minutes of exercise a week can provide you with the following benefits:
 - Lower risk of heart disease, stroke, type 2 diabetes, and high blood pressure
 - Improved cognition, including memory, attention and processing speed
 - Less risk for weight gain, obesity and related chronic health conditions
 - Better quality of life and sense of overall well-being
- ❑ **Continue your heart health education.**
 - Attend HR and the American Heart Association's webinar, "*Practical Steps to Prevent Coronary Artery Disease*," on February 9th: [Register Here](#).
 - Seek out additional resources from your physician or the American Heart Association.



Helpful Resources

- ❑ **American Heart Association's *Healthy Living Guide***
- ❑ **Risk Factors for Heart Disease**
- ❑ **Heart Attack and Stroke Symptoms**
- ❑ **Recommendations for Physical Activity (Adults & Kids)**
- ❑ **Human Resources At-Your-Desk Yoga Exercises with Cecily Breeding**

Contact Information

- ❑ **Health Advocate**
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- ❑ **Human Resources**
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