

Heart Health Month February 2022

Heart disease is the leading cause of death in the U.S., causing about 1 in 4 deaths. The most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine (CDC, 2021).

Learn Your Health History:

- Know your risks and talk to your family and primary care physician about your health history.

Eat a Healthy Diet:

- Make healthy food choices like eating more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.

Move More, Sit Less:

- Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Quit Smoking:

- Reach out to Health Advocate today for no-cost support on how to find the best route for you to stop smoking.
- You may reach out to 1-800-QUIT-NOW as an additional no-cost avenue to develop a smoking-cessation plan.

Rethink Your Drink:

- Substitute water for sugary drinks to reduce calories.
- If you drink alcohol, do so in moderation.

Explore Screenings:

- [General Heart Screenings](#)
- [Non-Invasive Heart Screenings](#)
- [Screening for Cardiovascular Disease and Stroke Risk](#)



THRIVE

WELLNESS PROGRAM

Helpful Resources

- CDC's [7 Strategies to Live a Heart-Healthy Lifestyle](#)
- Mayo Clinic: [Heart-healthy diet: 8 steps to prevent heart disease](#)
- Human Resources: [At-Your-Desk Yoga Exercises with Cecily Breeding](#)

Contact Information

- **Health Advocate**
 - (866) 799-2728
 - www.myhealthadvocate.pepperdine.edu
- **Human Resources Thrive Wellness Program**
 - (310) 506-4397
 - community.pepperdine.edu/hr/wellness