



Celebrating American Heart Month This February



WRITTEN BY THE EXPERTS AT ENI

Inspirational Quote

"Take care of your heart, not just as a duty to your health, but as a tribute to the life it beats for."

Book Recommendation

The Heart Healthy Cookbook for Two

Jennifer Koslo, PhD, RDN, CSSD

Authored by Jennifer Koslo, a registered dietitian and nutrition expert, this cookbook offers a collection of delicious, easy-to-prepare recipes specifically designed for two people. It focuses on low sodium and low-fat meals, which are key components in maintaining a healthy heart.

February is not just about expressing love through Valentine's Day; it's also a time to focus on a vital aspect of our health - our hearts. American Heart Month in February is a national effort to raise awareness about heart health and encourage everyone to adopt lifestyle choices that support cardiovascular well-being.



Understanding the Importance of Heart Health

Heart disease remains one of the leading causes of death globally. However, many risk factors are preventable through lifestyle changes and health management. Understanding the importance of maintaining a healthy heart is the first step towards reducing these risks.

Simple Steps to a Healthier Heart

- **Stay Active:** Regular physical activity is key to heart health. Aim for at least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise each week.
- **Eat Heart-Healthy:** Incorporate a diet rich in fruits, vegetables, whole grains, and lean proteins. Limit saturated fats, sodium, and added sugars.
- **Quit Smoking:** Smoking is a major risk factor for heart disease. Seek support to quit smoking for improved heart health.
- **Manage Stress:** Chronic stress can negatively impact heart health. Engage in stress-reducing activities like meditation, yoga, or hobbies you enjoy.
- **Regular Health Check-ups:** Keep track of your blood pressure, cholesterol levels, and other heart-related numbers. Regular check-ups can help in early detection and management of heart health issues.

Conclusion

This American Heart Month, let's take meaningful steps towards improving our heart health. By making small yet impactful lifestyle changes, we can significantly enhance our cardiovascular well-being. Remember, a healthy heart is not just about physical health; it's about embracing a lifestyle that fosters overall well-being.

Note: If you have concerns about your heart health, please consult with a healthcare professional for personalized advice and treatment.