

Innovative WellNews



LIVE
HEALTHY,
STAY YOUNG
AT HEART

February Rock Your Red

As we kick off Heart Health Month this February, we're reminded of the incredible machine that keeps us all going—the heart. This month is dedicated to raising awareness about the importance of heart health and promoting the steps we can take to prevent heart disease.

Heart disease remains the leading cause of death globally, but the good news is that many of its risk factors can be controlled or even prevented. From maintaining a balanced diet and regular physical activity to managing stress and getting regular check-ups, there are numerous ways to keep our hearts healthy and strong.

Awareness is the first step toward prevention, and together, we can make a significant impact on reducing heart disease. Your heart is at the core of your well-being—let's keep it beating strong!

What should your blood pressure be?

Blood Pressure Category	Systolic (upper number)	Diastolic (lower number)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High Blood Pressure (Hypertension Stage 1)	130-139	80-89
High Blood Pressure (Hypertension Stage 2)	140 or higher	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	Higher than 120



Wellness Observance



Heart Health

Statistic: Heart disease is the leading cause of death in the US for both men and women.



Myth:

Chest pain is the only warning sign of a heart attack.

Myth versus Fact

Fact:

Although chest pain is often a sign of a heart attack, there are other more subtle signs that can include indigestion and pain or discomfort in your back, neck, jaw, or arms.

Heart Disease Prevention



Know your numbers
(blood pressure, cholesterol, and glucose levels)



Eat a heart-healthy diet
(fruits, vegetables, whole grains, lean meats)



Don't smoke or use tobacco



Get moving
(aim for 30 minutes a day)



Maintain a healthy weight



Manage stress

SIGNS OF A HEART ATTACK



Chest pain or discomfort



Shortness of Breath



Heartburn



Anxiety or Sense of Doom



Sweating



Pain in neck, shoulders, jaw, or arms

Resources:

CPR Training

Go Red for Women

American Heart Association

Innovative's Tip Sheet: Blood pressure

Sources: heart.org, cdc.gov

