Give Your Heart Some Love
By: Safety National/BLR Resources

February is American Heart Month. There are many ways you can prevent heart disease. Here are some heart-healthy steps:

- Eat right. Limit fats and sodium. Eat lean meats, fresh vegetables and other complex carbohydrates.
- Be active. Exercise helps you keep your heart strong, manage your weight, and lower blood pressure and bad cholesterol. It also reduces your risk of developing diabetes.
- Stop smoking. If you don’t smoke, don’t start.
- Limit alcohol to no more than one or two drinks a day.
- See your doctor regularly and get recommended blood pressure checks and cholesterol checks.

Here are some heart healthy steps you can take while at work:

1. Stand rather than sit whenever you can—like when talking on the telephone.
2. Take a walk during your break.
3. Take the stairs rather than the elevator.
4. Brainstorm project ideas while walking.
5. Have stand-up meetings.
6. Form a sports team to raise money for charity events.
7. Keep heart-healthy snacks in your desk. Good examples include:
   - Air-popped popcorn
   - Animal crackers or graham crackers
   - Canned, fresh, or dried fruit
   - Gingersnaps or fig bar cookies
   - Peanut butter in celery sticks
   - Pretzels
   - Sherbet, sorbet, fruit ice, popsicles, frozen yogurt
   - Vegetable sticks