LUMEN®

RETIREE BENEFITS
News

February marks American Heart Month, so let's make lifestyle choices that support a strong heart.

Getting smart about the health of your heart may have long term benefits. Your heart is the hardest-working muscle in your body. It's responsible for a variety of jobs that help keep you healthy. If your heart isn't healthy and strong, your risk for developing high blood pressure, high cholesterol, or more severe issues may increase dramatically.

Take steps to be heart healthy

- **Eat smart** - It's important to eat a well-rounded diet including fruits and vegetables, whole grains, low fat dairy, lean protein, and nuts and Legumes. Limit sodium, saturated fat and added sugar. It's not only about what you eat, but how much you eat.

- **Get active** - Exercise has shown to lower blood pressure, improve cholesterol, control weight, boost your energy and improve stress. The American Heart Association recommends 150 minutes a week of moderate activity, that's 30 minutes a day.

- **Get good sleep** - Sleep benefits many parts of your body. Good sleep leads to healing of tissues and blood vessels, a strong immune system, improved mood and energy and better brain function. Getting ample sleep helps reduce the risk of heart disease.

- **Partner with your medical team to make a plan for better health -** Visit your primary care doctor to monitor your blood pressure, weight, blood sugar and cholesterol. Changes in these factors can lead to worsening heart disease. If you need resources for managing stress, quitting tobacco or alcohol, be sure to ask your primary care doctor.

We wish you well in your journey to a long life!