



## February is Heart Health Month

Heart disease is the leading cause of death for both men and women in the US. The good news? It is also one of the most preventable. Start making heart-healthy choices today! Knowing your family history and the risk factors for heart disease, having regular check-ups and working with your doctor to manage your health are all important ways to maintain a healthy heart.

# KEYS TO A **HEALTHY** HEART



### **MOVE YOUR BODY**

At least 30 minutes of physical activity, 5 or more x a week: *second lining, walking, and dancing are all great cardio!*



### **IF YOU SMOKE, QUIT!**

Avoid breathing 2nd hand smoke. Call Megan at NOMC 504- 412-1366 for smoking cessation resources.



### **EAT HEALTHY**

Nuts, berries, fruit, vegetables, whole grains, lean meat and healthy oils. Select slow foods instead of processed & fast foods. Replace salt with lemon juice, herbs & spices. Make sure you get 25 grams of fiber each day. Avoid sugars.

### **LOSE WEIGHT: EVERY 5 LBS. MATTERS**



Losing 5-10% of your current weight, even as little as 10-20 pounds, will make a major improvement in your insulin resistance and health benefits. NOMC is here to help you. Call us at 504- 412-1366.



## **PRACTICE SELF-CARE**

Take your medications and monitor sugar levels each day. Schedule check-ups at the NOMC to make sure your blood pressure, blood sugar and cholesterol are on target.

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## **RACE FOR A CAUSE IN THE CRESCENT CITY CLASSIC!**

Get your heart pumping! Run/Walk/Jog with Team NOMC in the 2018 Crescent City Classic 10K on March 31st!

[JOIN OR SUPPORT](#)



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Keep in touch!

