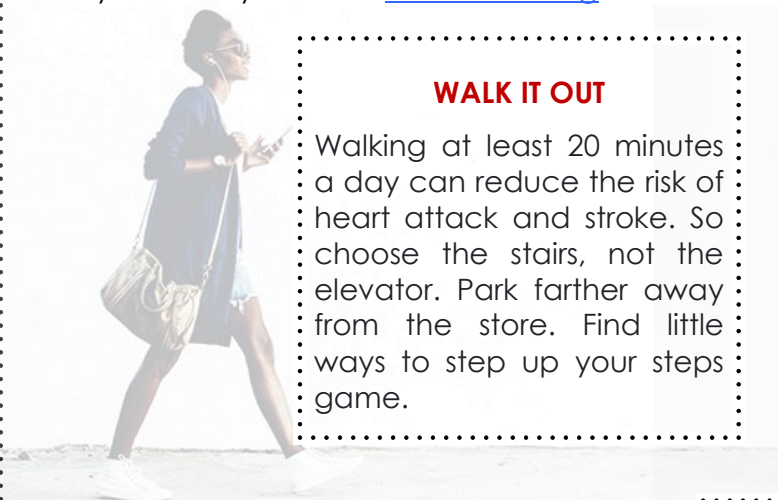


## WORKING ON WELLNESS

Monthly wellness from the SD Department of Health  
Office of Chronic Disease Prevention and Health Promotion

### FEBRUARY IS AMERICAN HEART MONTH

American Heart Association is working on new ways to lower your blood pressure and keep your heart healthy so you can live your best life. Change your health and your life, one small step at a time. The approach is simple: Eat smart. Add color. Move more. Be well. Take a look at these facts— they're all for you. Visit [www.heart.org](http://www.heart.org) for more educational facts on taking care of your heart.



#### WALK IT OUT

Walking at least 20 minutes a day can reduce the risk of heart attack and stroke. So choose the stairs, not the elevator. Park farther away from the store. Find little ways to step up your steps game.



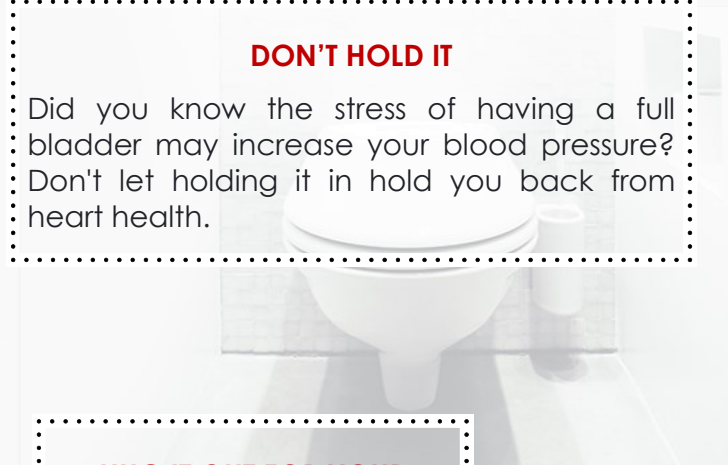
#### COFFEE LOVERS

A little pick-me-up may bring down your risk of stroke. Just one cup of coffee a week can make a difference.



#### SQUASH HIGH CHOLESTEROL

Adding a serving of acorn squash has nearly 10% of your daily value of fiber, which can reduce cholesterol.



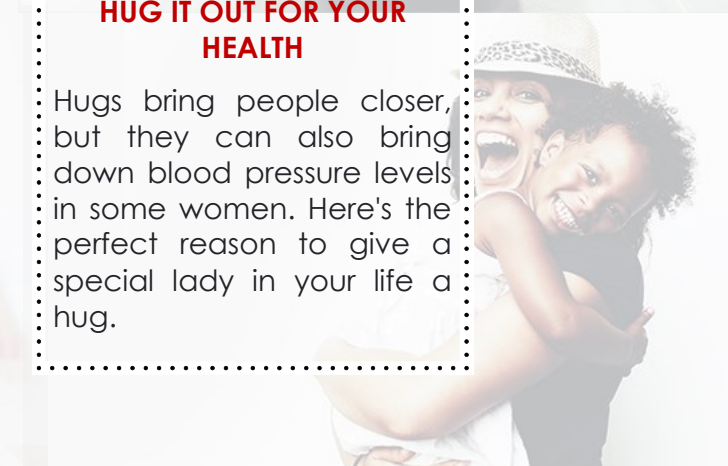
#### DON'T HOLD IT

Did you know the stress of having a full bladder may increase your blood pressure? Don't let holding it in hold you back from heart health.



#### GO AHEAD HIT SNOOZE

Why count calories when you can count sheep? 7-8 hours of sleep can help you maintain a healthy weight.



#### HUG IT OUT FOR YOUR HEALTH

Hugs bring people closer, but they can also bring down blood pressure levels in some women. Here's the perfect reason to give a special lady in your life a hug.