

FEBRUARY WELLNESS



WELLNESS AWARENESS IN FEBRUARY:

AMERICAN HEART MONTH, RANDOM ACTS OF KINDNESS DAY AND NATIONAL WEAR RED DAY

There are lifestyle habits you can implement to promote healthy hearts and blood vessels, and to reduce your risk of a heart attack or stroke. One of these habits is to pay attention to foods which are bad for heart health. Suggestions for heart-healthy eating includes limiting or avoiding processed foods, saturated fats, trans fats and sweetened drinks. To review several eating plans that are heart-healthy, click here to reach information through Fallon's website: [Comparing Heart-Healthy Diets](#), and click here for a variety of additional information on the topic: [Heart-Healthy Lifestyle](#)

Implementing physical activity is good for everyone. Physical activity is beneficial for those with healthy hearts, as it helps maintain the health of your heart and blood vessels. It is also good for those who have had a heart attack or stroke, as being active (after clearance and any limitations given by medical care professionals) can help to prevent another one. Heart-healthy activity does not need to be intense activity. Anything that raises your heart rate, such as walking, cycling, swimming or dancing, can help your heart. To learn more about physical activity for healthy hearts, click here to read an article through Tuft's website:

[Physical Activity Helps Prevent a Heart Attack and Stroke](#)

February 17th is Random Acts of Kindness Day. A simple gesture such as a smile, saying thank you or bringing someone a cup of coffee can spread joy. The happiness given will also have an impact on the giver. *"On Random Acts of Kindness Day, help yourself by helping others, the smile on their face and yours will prove it's all worth it."* (from the Random Acts of Kindness page of the Days of the Year website)

In addition to random acts of kindness, volunteering is another example of how helping others is not only kind, but also good for you! A large British study has shown an association between volunteering and good mental health and emotional well-being for adults over the age of 40.

Click here to learn more about the study through BCBS's a *healthy me* website:

[Giving Brings a Health Dividend](#)

February 3rd is National Wear Red Day. This signifies the importance of understanding women's heart health. For information on Go Red for Women Day, heart disease in women, assessing your risk and more, click here:

[Go Red For Women](#)

To learn about risk factors specific to women, and for ways to reduce the risks to women, click here for information through Harvard Pilgrim's website:

[Heart Attack and Stroke in Women](#)