Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union and White Counties

FEBRUARY PUBLIC HEALTH CELEBRATES HEART MONTH
28 DAYS TOWARD A HEALTHY HEART

HALL COUNTY – The month of February is about celebrating love. This February, District 2 Public Health wants to inspire the community to set health goals to maintain a healthier heart. Heart disease is a leading cause of death for both men and women in the United States.

Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high-blood pressure, high cholesterol, being a smoker or overweight. Having more than one risk factor increases your chances of developing heart disease.

Developing a healthier lifestyle by being more physically active, maintaining a healthy weight, eating a healthier diet, and managing stress are some of the ways to strengthen heart health. Don't worry about making changes all at once, use the month of February to start with small steps to meet your heart health goals.

Make heart health part of a self-care routine. Just 30 minutes a day is all you need to make your heart a priority. Heart Disease is preventable and focusing on improving heart health is important.

In support of heart month, District 2 Public Health encourages you to wear red on Friday, February 4.

For more tips and information to improve heart health visit the healthy living page at phdistrict2.org.

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