

# February is Heart Health Month

Heart disease is the number one cause of death for both men and women in the United States – claiming approximately 1 million lives annually. **The Heart Foundation** has designated February as **Heart Health Month** with the goal of spreading the word about strategies for preventing heart disease.

The #1 suggestion for reducing your risk of heart disease is to choose a **Heart Healthy Lifestyle**. This includes:

- Engaging in regular exercise
- Adopting a diet low in salt, saturated/trans fats and high in unsaturated fats
- Maintaining a normal body weight
- Avoiding smoking, recreational drug use and excess alcohol consumption (<1 alcoholic drink per day)



In addition to these lifestyle choices, stress, depression and negative emotions have also been linked to an increased risk of heart disease.

Making participation in your Live 2 B Healthy® senior fitness classes a priority in your life can help you institute all of the suggestions for a **Heart Healthy Lifestyle** into your daily life. In addition to providing opportunities for regular physical exercise, your Live 2 B Healthy® Trainers and your fellow class participants can help keep you motivated to make more positive diet choices and provide encouragement to make other healthy lifestyle changes.

Regularly participating in class will also provide you with new social connections to other seniors in your community who are interested in improving their lifestyle choices. These increased social connections can help relieve stress, depression and other negative emotions such as hostility and anger.

What are you waiting for? Join the fun today and begin your journey towards a healthier future!

To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.

[www.Live2BHealthy.com](http://www.Live2BHealthy.com)