

# Maggie's Health Tips



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## Love your heart!



February is "Heart Month." Not only is it time to send Valentine's Day cards, it's time to take care of your heart and make it healthier. If you start doing small things that keep your body healthy now, you have a better chance of living a longer, healthier life.

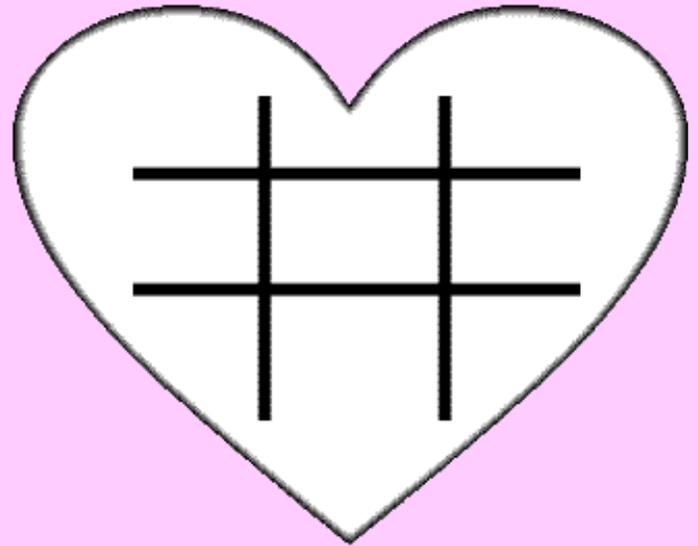
You make many choices every day, like what color socks to wear or how to fix your hair. When it comes to making decisions that keep you healthy, it may seem hard to choose better options when so many things seem easier or more fun. You just need to take small steps in a healthy direction, and that begins by knowing the healthy choices. Then it gets easier to make choices every day that help keep you healthy.

How do I know if my heart is healthy? The American Heart Association has created "Life's Simple 7 Circle" to help you find out if your heart is healthy, using Life's Simple 7™. They are:

- ♥ Avoid smoking and using tobacco products.
- ♥ Be physically active every day.
- ♥ Eat a heart-healthy diet.

- ♥ Keep a healthy weight.
- ♥ Keep your blood pressure healthy.
- ♥ Keep your total cholesterol healthy.
- ♥ Keep your blood sugar healthy.

### Heart Tic Tac Toe



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