

## ***February is Heart Month***

### **To keep your heart healthy:**

- ♥ Eat healthy
- ♥ Get active
- ♥ Manage your stress
- ♥ Stop smoking/using tobacco/vaping  
(and stay away from secondhand smoke/vapor)
- ♥ Watch your weight
- ♥ Control your cholesterol, blood pressure, and blood sugar
- ♥ If you drink alcohol, drink only in moderation
- ♥ Get at least 7 hours of sleep nightly



### **For more heart healthy information visit these websites:**

- ♥ American Heart Association- [www.heart.org](http://www.heart.org)
- ♥ UMass Department of Psychiatry Wellness Webpage-  
<https://www.umassmed.edu/psychiatry/resources/wellness/>



**Fun Fact** - The cocoa bean contains flavonoids which are good for your heart. Your best choice is dark chocolate over milk chocolate. So, enjoy a 1 oz. portion of chocolate a few times a week. Don't forget to enjoy other flavonoid-rich foods like apples, tea, onions and cranberries.