

February is American Heart Month



This month Village of Hemingford would like to pay attention to the fact that heart disease is still the leading cause of death in the United States according to the Centers for Disease Control.

* In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack.

* About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

* This is an equal opportunity disease affecting as many women as men.

There are steps you can take to reduce your risk.

We thought it would be fun to give you some creative ways to focus on your own heart health this month.

1. **Wear red!** February 3rd is National Wear Red Day, a day when Americans nationwide wear red to show their support for women's heart disease awareness. This special day gives everyone a chance to promote heart disease awareness movement by wearing red clothing or a Red Dress Pin. Since February 3rd is a Sunday, and it doesn't sound like "anyone" is rooting for the Patriots, let's also wear red on February 4th!

2. **Plan heart-healthy dates.** Doing something unusual can be romantic. So, plan a date, go bowling at the Bowl Mor Lanes in Alliance, take a walk around Laing Lake or the golf course here in Hemingford, take a Tai Chi class or learn to Salsa Class at The Body Shop, see their Facebook page to see what else they have to offer for some great classes! End the night with a bit of dark chocolate.

3. **Dine out with friends.** Look online at the nutrition information for local restaurants, and choose one with healthy options. Then gather your friends for a feast of sharing. Each person can order something different and heart-healthy from the menu. Sample a bit of everything, family style.

4. **And one more idea:** Shop for a lasting reminder to take care of your hearts at the **American Heart Association's Shop.heart.org.**

Source: The Wellness Advisor