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## Healthy Tips from Blue365<sup>SM</sup>

February 2016



President Obama has declared February American Heart Month. For this month, we are focusing on maintaining a healthy heart through frequent exercise and good nutrition. We're also learning more about how heart disease affects women in particular.

**Make February the month you find out what small changes you can make to have a healthy heart.**



### Know the Stats:

- The majority (76%) of women ages 25-60 say they rarely or never discuss heart health with family and friends
- Nearly half (46%) say they almost never bring up the subject of heart health with their doctor; another 25% only bring it up on some visits
- Nearly half (45%) of U.S. women ages 25-60 are not aware that heart disease is the #1 killer of women in the U.S.

Find out more from the Women's Heart Alliance and their campaign: [Fight the Lady Killer](#).



### Eat Your Way to a Healthy Heart.



Our daily food choices are critical to keeping your heart healthy. Meals can be tasty and good for you, too. Check out the following link to see how you can eat your way to a healthy heart. Visit [Heart Healthy Eating](#).




### Keep it Moving.

You do not need to become a gym rat to improve your heart function through exercise. The [2008 Physical Activity Guidelines for Americans](#) state that an active lifestyle can lower your risk of early death from a variety of causes, including heart disease, stroke and high blood pressure.

Check out healthy deals from:



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