

# February 2016 — Heart Health Month

Be a Valentine and take care of your heart!

**It's as easy as A, B, C,!**

**A**void tobacco - Commit to quit!

**B**ecome more active - Be physically active every day!  
Even 15 minutes a day offers health benefits!

**C**hoose good nutrition - Choose a diet that includes vegetables, fruits and whole grains; low-fat dairy products, chicken, fish and nuts.

Be an advocate for a healthy lifestyle! Get up! Get involved in improving your health and the health of your family! Support a friend!

Go for a walk! You can do it almost anywhere, and it's a snap to get started: Just put one foot in front of the other. You can walk around your neighborhood, on a school track, or through a nature trail. If the weather is bad, try walking in a mall.



## Learn CPR

Heart Disease is the No. 1 cause of death in the US. Equip yourself with the skills to save a friend or family member. Interested in a CPR course? Contact Julie Ghent, AHA, CTC Coordinator at [jughent@comporium.net](mailto:jughent@comporium.net)

### Author Highlight

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