



FEBRUARY NEWSLETTER



February 2025

Celebrate Heart Health Month!

February is Heart Health Month! Let's take time to focus on making heart-smart choices that benefit our physical and emotional well-being. We'll also explore ways to celebrate Valentine's Day in a healthy and meaningful way.

Heart-Healthy Habits

Taking care of your heart can be simple with small, consistent changes:

- **Eat the Rainbow:** Fill half your plate with colorful fruits and vegetables, like spinach, berries, and red peppers.
- **Stay Active:** Aim for at least 60 minutes of physical activity a day. Dance, run, or even jump rope!
- **Stress Less:** Practice mindfulness or deep breathing exercises to support heart health.

Valentine's Day the Healthy Way

Skip the sugary overload and opt for fun, healthier treats:

- **Fruit Love:** Make heart-shaped fruit skewers with strawberries, watermelon, and grapes.
- **Homemade Cards:** Craft personalized "I appreciate you" notes instead of focusing on candy.
- **Family Date Night:** Spend quality time together with a fun, active activity like bowling or hiking.

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