

GROWING WELLNESS



Exercise Your Way to a Healthier Heart

Enhance your heart health by adding exercises into your routine:

- Aerobic exercise improves circulation and can help your cardiac output. Get 30 minutes of heart-pumping moderate activity five days a week.
- Resistance training two nonconsecutive days per week can help develop lean muscle mass.
- Flexibility workouts are critical for musculoskeletal health. Staying flexible and free from joint pain is essential to maintain regular aerobic and resistance workouts.



Live Well, Work Well

The February edition of Live Well, Work Well names the Mediterranean Diet as the best diet of 2025, includes tips for keeping your heart healthy, the benefits of strength training, and a new recipe to try!

National Monthly Awareness

February is National Heart Health month. This is a good time to check your cardiovascular health. Heart disease can be deadly but, it's also preventable. Risk factors include high blood pressure, high cholesterol, smoking, obesity, an unhealthy diet, and physical inactivity.

