



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8409
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To: Local News Media

From: Melissa DeRoche, Public Information Officer

RE: Keeping Your Heart Healthy

Release Date: February 2011

You've probably heard it before.....heart disease is the #1 killer of women. Since 2004, the American Heart Association has been promoting their Go Red™ for women project; designed to give power to women to take charge of their own heart health, making women aware of the things they can do to stay healthy and take action. National Wear Red Day® takes place on Friday, February 4, 2011 – wear something red this day, in honor of all women.

According to www.goredforwomen.org, women can be heart healthy at any age from their 20's, 30's and beyond. Many risk factors, that can lead to heart disease, can be controlled such as: cholesterol, blood pressure, smoking, physical activity, obesity, diabetes, stress, use of certain birth control pills and use of alcohol and other drugs. Age, gender, heredity, and race are not controllable risk factors.

Some simple steps you can take to help reduce your risk are:

- Know your family's history of heart disease (heart attack, stroke, high blood pressure, high cholesterol, etc.)
- Visit your doctor for your yearly physical.
- Stay active --- if you don't have enough time, try exercising in 10-minute time frames three times a day
- Eat healthy and drink water
- Keep your stress level down
- Get plenty of sleep

Once you've learned what you can do to reduce your risk of heart disease, try to implement one or two of these simple steps listed above. Healthy lifestyle changes you make today will benefit you tomorrow and beyond!

For more information on living heart healthy, visit www.goredforwomen.org or www.cmdhd.org. Remember....**wear red on February 4, 2011.**

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties.

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