



# Do your heart good

Make it a goal this month to show your heart some love.

**Now's the time to make up your mind to take some control over your future with lifestyle changes that can protect your heart.**

### Here are some simple tips to take:

- Don't smoke, and if you need to quit, turn to a health care professional, friends and family for support
- Have your blood pressure checked regularly
- Improve your eating habits by making heart healthy choices—cutting down on saturated fat, sugar and salt
- Be more physically active (check with your doctor if you've been inactive for a long time)
- Maintain a healthy weight
- Learn to be more relaxed and positive
- Have regular medical check-ups
- Take your medicine, if needed, to control high blood pressure, high cholesterol or diabetes.

Source: American Heart Association



# February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Have a change of heart with these healthier lifestyle choices that can help you feel great and look better, too. Visit [www.bcbstx.com](http://www.bcbstx.com) and check out the Personal Health Manager available through Blue Access® for Members—your wellness resource for a healthy lifestyle.

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