



HEALTH & WELLNESS



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February 2023

American Heart Month

Focusing on your heart health has never been more important!

- Heart disease is the leading cause of death in the United States.
- Prioritizing your heart can help you avoid severe illness.
- Self-care is heart-health care:
 - Move more: Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week.
 - Eat healthy foods: A healthy diet that is low in sodium and saturated fat is key to heart disease prevention.
 - Reduce stress and improve sleep: Stress can contribute to high blood pressure and other heart risks. Aim for 7-8 hours of sleep a night.

DWCA will be participating for the second year in the American Heart Association Kids Heart Challenge Fundraiser during the Month of March. Our goal is to raise money and bring awareness to heart health. Be on the lookout starting in March for our fundraiser! To learn more about how we can make our hearts healthier, click any heart icon for more information.

7 Days of Self-Care

#MindfulMonday



Know your **blood pressure numbers** and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy recipe**

#SelfcareSunday



Create your **self-care checklist** for the week

#WellnessWednesday



Put your **heart** into your wellness routine

#TreatYourselfThursday



Treat your heart to some **relaxation and fun**

#FollowFriday



Share **who inspires you** to show your heart more love

#SelfieSaturday



Post about your favorite way to take care of **your heart**



#OurHearts

Friendly February Calendar

Click the calendar to find out how you can be friendly each day this month. Take the challenge and try to complete each daily task!

