



February is  
**American Heart Month**



**1 in 4** Americans **die** from Heart Disease...

... and it's **easily preventable**

1. Use spices to season food instead of salt
2. Make physical activity part of your day
3. Eat more vegetables and whole grains
4. Encourage your kids to join you
5. Make your house smoke-free



Resource: <https://www.healthfinder.gov/NHO/FebruaryToolkit.aspx>

Developed by VISTA member Dave Fang serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Partnership from the Corporation for National and Community Service.