CUTTING EDGE *News*

Hello, Fall. Let's get moving!

With cooler temps and sunny days ahead, it's time to enjoy the great outdoors. Now that summer is over, going outside is the perfect opportunity to engage in physical activity. Regular exercise helps improve cardiovascular health, resulting in lower blood pressure, healthier cholesterol levels and helps regulate your blood sugar. Being physically active helps you maintain a healthy weight and lowers your risk for heart attack and stroke.

There are even more benefits to becoming physically active. Regular activity can improve your mental well-being and relieve stress, which is a contributing factor for high blood pressure.

Making physical activity a part of your heart healthy lifestyle is possible. Remember that any activity that raises your heart rate helps to maintain a healthy heart.

Enjoy moderate exercises for at least 150 minutes each week. Moderate activities include walking, bike riding, swimming, or dancing. Remember to engage in activities at a level that is comfortable for you. Try not to overdo it.

Find great resources and tips to help you start moving at www.gethealthyclarkcounty.org/get-moving.

BARBER SPOTLIGHT

"Respect your craft and the talent that is God-given. Appreciate your clients for their loyalty. Keep the professionalism of your career."

— Darnell Harvey, owner of BladeMasters

COMMUNITY RESOURCES

Show Flu Who's Boss
The Southern Nevada Health District offers flu vaccines by appointment at their clinic locations. Call (702) 759-0850 for an appointment. To find additional flu shot clinics near you, visit www.immunizenevada.com.

Southern Nevada Community Health Center
Affordable primary care, dental health and family planning services are available by appointment. Call (702) 759-1700 or visit www.snhd.info/snchc.

STOP COVID-19. SPEED UP NEVADA'S RECOVERY.

Download the free app.

COVID Trace

Protect Nevada

NEVADA HEALTH RESPONSE

Get Started

Download the new COVID Trace app today!

To learn more about the Southern Nevada Health District's BarberShop Health Outreach Project and Beauty Shop Health Outreach Project, contact Amineh Harvey at harveya@snhd.org.