

Celebrate American Heart Month: Join the #OurHearts Movement

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health. Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-9 hours of quality sleep.
- Track your heart health stats.



Manage Your Risk.

You don't have to make big changes all at once. Small steps will get you where you want to go. Feeling connected with others and having positive, close relationships benefit our

overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

COMMUNITY RESOURCES

FREE Blood Pressure Monitoring Program

The YMCA of Southern Nevada in partnership with the Southern Nevada Health District is offering a Blood Pressure Self-Management program for those who qualify. Participation includes a free YMCA membership.

For more information or to join the interest list today, contact:
Leigh Acosta at (702) 839-4916 / lacosta@lasvegasyymca.org
Jonathan Jimenez at (702) 522-7435 / jjimenez@lasvegasyymca.org

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.