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Sneaky Things that Harm Your Heart

The pandemic has turned our day-to-day routines upside down, making it all too easy to slip into bad habits without realizing it, including those that can harm the heart. Some examples: sitting for extended periods, forgoing balanced meals while filling up on high-calorie comfort foods, and enduring unrelenting stress. February, which is heart health month, is an ideal time to take stock and get back on track to habits that protect your heart.

[Find out more](#)



Team up with your doctor for heart health



Forging Healthier Relationships

The heart is the most important organ in the body. Keeping your heart healthy can also help you maintain the health of the rest of your body, as many chronic conditions stem from issues that affect the heart such as high blood pressure and high cholesterol. A critical part of heart health is teaming up with your primary care doctor to understand how to navigate your heart health. Learn about important questions to ask your primary care doctor about the health of your heart.

[Find out more](#)

The uncertainty, constant disruptions and other challenges of the COVID-19 pandemic have strained relationships, especially emotionally intimate relationships. The stress can prompt short tempers and other behaviors that undermine the affection we feel for one another--a foundation of good health. No matter your situation, making even small efforts to nourish your relationships can help make them stronger and more satisfying. Here are some suggestions.

[Find out more](#)

Health Observance



Often considered to be a condition of the older generation, heart disease and other associated illnesses are on the rise across all age groups. That's in part due to the effects of COVID-19 that have impacted healthy habits like diet, exercise, socializing, keeping up with doctor appointments and medical treatments that all help to keep the heart healthy. To find out what you can do to protect your heart health at any age, visit: https://www.cdc.gov/heartdisease/any_age.htm



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