



## February Feature Healthy Heart and Mind

Remember that your heart is affected by both your physical and emotional state. Take initiative and ensure your heart is healthy by staying physically active, maintaining a healthy weight, and eating nutritious foods. This February, take the time to love yourself!

February is Heart and Stroke Month. One of the most important things you can do to keep yourself healthy is take care of your heart. The article [Are You at Risk for Heart Disease?](#) will give you an overview of common risk factors, and [Cholesterol Numbers and What They Mean](#) goes into more depth about keeping your cholesterol levels in a healthy range.

Keeping fit is also key to heart health. If you need help starting an exercise routine, the [Health and Well-being Toolkit](#) is a great resource, or you can get help maintaining your healthy habits by reading the article [Fitness When Life Feels Frenzied](#).

February 4th is also World Cancer Day. Early detection is critical to diagnosis and treatment. Read the article [Keeping Up With Health Screenings](#) to learn more about which screenings might be recommended for you.

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