# February Is Heart Health Month

The symptoms of heart disease can vary, and some people may not even know they have a heart condition until they have a heart attack. Red flags include shortness of breath, chest discomfort, difficulty with speech, heart palpitations and sudden loss of responsiveness.

**Coronary artery disease, caused by plaque buildup in the walls of the heart's arteries, is the most common type of heart disease in the US.**

**Other forms of heart disease include heart attack, heart failure, arrhythmia and congenital heart defects.**

**1 in every 4 deaths is caused by heart disease.**

## A Healthy Diet and Lifestyle

A healthy diet and lifestyle are your best methods to fight heart disease, so consider incorporating these three kinds of exercise into your routine to improve your heart health:

- **Aerobic exercise improves circulation and can help your cardiac output.**
- **Resistance training with weights, resistance bands or body weight at least two nonconsecutive days per week can help create leaner muscle mass.**
- **Flexibility workouts, like stretching and balance, are critical for musculoskeletal health.**

## Take Control of Your Heart Health

There are certain uncontrollable factors that increase your risk of heart disease, including age, sex and family history. However, other factors that increase your risk for heart disease - such as stress, inactivity, obesity, diabetes, smoking and a poor diet - are controllable.