

**February is American Heart Month**

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 join forces with others.

**Why Connecting is Good for Your Heart**

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.

Follow these heart healthy lifestyle tips with your friends, family, coworkers, and others in your community and you’ll all be heart healthier for it:

 Be more physically active.

 Maintain a healthy weight.

 Eat a nutritious diet.

 Quit smoking.

 Reduce your stress.

 Get enough quality sleep.

 Track your heart health stats.

You don’t have to make big changes all at once. Small steps will get you where you want to go.

 ***Prayer****: Prayer: Thank you for the gift of community. Help me to encourage and support others. Inspire us all to care for one another and our own health.*

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**To learn more, visit the National Heart, Lung and Blood Institute:**

**www.** **https://www.nhlbi.nih.gov**

