

GET ACTIVE

Daily physical activity increases your length and quality of life. Just 30 minutes of activity a day can make a difference in your heart health!



Staying active:

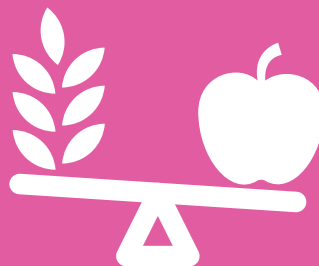
- Keeps your weight in check
- Increases circulation and cardiovascular health
- Helps prevent diabetes and heart disease

EAT HEALTHIER

Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. A healthy diet is one of your best weapons for fighting cardiovascular disease.

Heart healthy eating includes:

- Eating vegetables and fruit
- Choosing unrefined, fiber-rich whole-grain foods
- Limiting the amount of added sugars and saturated fats
- Reducing amount of sodium
- Replacing highly processed foods with homemade or less processed options



QUIT SMOKING

Cigarette smokers have a much higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.



Here are some tips for quitting:

- Set a quit date
- Remove tobacco products from your home, car and workplace
- Resolve not to smoke at all — not even one puff
- Anticipate challenges, such as nicotine withdrawal, particularly during the critical first few weeks
- Ask others not to smoke around you

ANTHC'S Tobacco Cessation Program has a number of resources available to support you. They provide free pharmacotherapy (nicotine gum, lozenge, patches), one-on-one consultation with a certified tobacco treatment specialist, assistance with a quit plan and follow-up support to the people we serve. For more information, contact the ANTHC Tobacco Cessation Program at (907) 729-4343.

Another great tool for quitting is the Alaska Tobacco Quitline. Learn more about services provided and resources available at alaskaquitline.com or 1-800-QUIT NOW (784-8669).

FEBRUARY IS HEART MONTH

Heart disease and stroke is the second-leading cause of death among Alaska Native adults. To help spread awareness about cardiovascular disease, heart disease and stroke, ANTHC has a few tips on how you can reduce your risk and improve your heart health.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM