

# *I Commit To Heart Health*



I, \_\_\_\_\_, on this day, \_\_\_\_\_,

commit to heart health. I commit to taking measures to

keep my heart healthy. I am making the promise to myself to

take one step each month towards reducing my risk of heart disease.

From this day on, I promise you, heart, that I will take care of you and

take every step I can to prevent you from injury and illness.

You are my one and only heart and I promise to protect you.

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(Signature)



**BRANCH-HILLSDALE-ST. JOSEPH**  
**COMMUNITY HEALTH AGENCY**

# Additional Information

## Signs of a Heart Attack

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in cold sweats, nausea or lightheadedness.
5. Women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw



## MI Healthier Tomorrow

From Detroit to Kalamazoo and Escanaba to Ypsilanti, Michiganders are pledging to make their future and our state's future healthier. When you take the pledge, we'll send you a free starter kit and support you with healthy texts and emails.

*Have you taken the pledge to lose 10% of your body weight?*

***Sign up today!***

<https://www.facebook.com/mihealthiertomorrow>

Or

<http://www.michigan.gov/mihealthiertomorrow>

Check out our website to learn more....

.....go to our website @ [www.bhsj.org](http://www.bhsj.org)

## How Do I Keep My Heart Healthy?

1. Don't smoke
2. Be physically active

### How Much Physical Activity do I need?

- 150 minutes of moderate intensity aerobic activity (brisk walking) a week and muscle strengthening activities on 2 or more days.

**OR**

- 75 minutes of vigorous intensity aerobic activity (jogging, running) and muscle strengthening activities on 2 or more days.

3. **Eat a healthy, well-rounded diet** by getting all of the recommended servings from each food group every day.
4. **Talk your doctor!** He/she will help you identify any risk factors you may have for heart disease.
5. **Know your numbers!** Know your Body Mass Index (BMI), cholesterol and glucose levels and your blood pressure numbers, as these are important factors in heart disease.



## Wear Your Red

February 1st is  
**"National Wear Red Day<sup>®</sup>"**  
But you can wear **red** anyday  
in February  
to show your **support of heart health.**

**February is  
National Heart Month!**

