

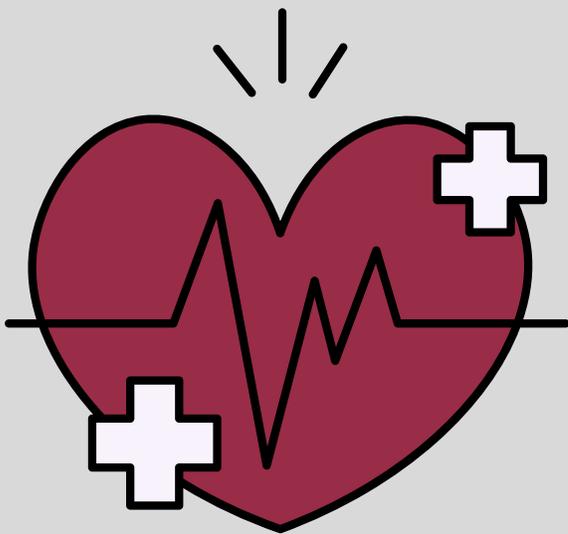
Building a Strong Foundation for Heart Health

Prevention-focused habits can strengthen cardiovascular health over time.

Heart health is shaped by everyday behaviors and long-term patterns. Nearly half of U.S. adults live with some form of cardiovascular disease, often without noticeable symptoms in the early stages. February serves as an opportunity to refocus on prevention and reinforce habits that support heart health throughout the year.

Prioritizing wellness consistency and awareness can help reduce risk and support overall well-being over time. Small, intentional changes made consistently can contribute to lasting cardiovascular wellness.

Ways To Support Heart Health



- Stay engaged with preventive screenings
- Build consistency with healthy routines
- Prioritize stress management
- Support healthy sleep habits
- Stay informed about heart health risks

SOURCE: AMERICAN HEART ASSOCIATION