



# News Release

**Sunrise Fire-Rescue Department**  
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For Release: IMMEDIATE

## FEBRUARY IS AMERICAN HEART MONTH

With heart disease being the number one killer of men and women in the United States, we all need to incorporate heart-healthy habits into our daily routines. Show your heart some Valentine love - learn about your risks for heart disease and stroke, and stay "heart healthy" for yourself and your loved ones.

Know your risks. Certain risk factors can lead to heart disease:

- Family history of heart disease
- Smoking
- High blood pressure
- High cholesterol
- Lack of physical activity
- Obesity
- Poor diet
- Diabetes

Take steps to become more heart-healthy. Plan for prevention and stay that way:

- **Follow a heart- healthy diet.** Avoid fatty, overly-processed foods, as well as foods high in sodium and sugar. Aim for several servings of fresh fruits and vegetables each day. If you drink alcohol, be sure to do so only in moderation: up to two drinks a day for men and only one for women. Find great tips at [www.choosemyplate.gov](http://www.choosemyplate.gov) .
- **Increase physical activity.** Aim for at least 30 minutes of activity five days or more each week. This can be broken into shorter periods throughout the day. Incorporate exercise into your routine in simple ways such as taking a brisk walk or using the stairs instead of the elevator. Check out the Physical Activity Guidelines for Americans at [www.health.gov](http://www.health.gov) .
- **If you smoke, quit.** Find resources to help you at [www.smokefree.gov](http://www.smokefree.gov) .
- **Work with your doctor** to evaluate and manage your risks for heart disease. In addition to checking your blood pressure, cholesterol numbers, blood sugar level, and body mass index (BMI), your doctor can give you diet and lifestyle recommendations and offer further resources to help you succeed.
- **Learn CPR.** You could save someone's life! Find a course at [www.heart.org](http://www.heart.org) . "Our goal is that everyone learns how to perform CPR, so they are able to begin CPR until professional help arrives," said Fire Chief Thomas DiBernardo.

**Every healthy choice makes a difference.**

For fitness programs available right in your community, visit the Leisure Services page on the City of Sunrise website, [www.sunrisefl.gov](http://www.sunrisefl.gov) . For ongoing life-safety tips, 'Like' us on Facebook at Sunrise-Rescue and follow us on Twitter@SunriseFRD.