



News Release

Sunrise Fire-Rescue Department

(954) 746-3400

www.sunrisefl.gov

For Release: IMMEDIATE

FEBRUARY IS AMERICAN HEART MONTH

(SUNRISE, FL)- February isn't just about Cupids and candy hearts. It has also been designated as American Heart Month in order to raise awareness about cardiovascular disease and how to prevent it. Cardiovascular disease — including heart disease, stroke, and high blood pressure — is responsible for one out of every three deaths in America. However, there are ways to reduce the risk factors. You can help protect your heart with regular, heart-healthy habits:

Follow a healthy diet.

- Avoid fatty, overly-processed foods, as well as those 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.

Exercise.

- Aim for at least 30 minutes of physical activity, five days each week or more. You can break it into shorter periods throughout the day, and incorporate it into your routine with a brisk walk or by taking the stairs.
- Find activities you enjoy and fitness programs available right in your community at www.sunrisefl.gov.
- Exercise with a buddy to help you stay motivated.

Don't Smoke.

- Find resources to help you quit at www.smokefree.gov.

Work with your doctor to evaluate and manage your risks for heart disease and stroke.

- Check your blood pressure, cholesterol numbers, blood sugar level, and body mass index (BMI).
- Discuss your results and ask your doctor for recommendations and resources to help you keep your heart healthy.

"We want everyone to know how they can prevent heart disease, and to commit to a healthy lifestyle - both for themselves and for the sake of their loved ones," said Sunrise Fire Chief Thomas DiBernardo.

Another way to celebrate Heart Month is to learn CPR. **Hands-Only CPR** is easy to learn, and has been shown to be as effective as conventional CPR for sudden cardiac arrest, doubling and even tripling a victim's chance of survival.

Sunrise Fire Rescue will be offering the following Hands-Only CPR training sessions:

Date	Time	Venue
2/3/16	7:00 pm	Central Sunrise Residents Association meeting, Nob Hill Soccer Club
2/8/16	6:30 pm	Community Room, Public Safety Building
2/18/16	7:00 pm	East Sunrise Residents Association meeting, Village Civic Center
2/22/16	6:30 pm	Community Room, Public Safety Building

Please call 954-746-3465 for more information.

All Sunrise residents trained in CPR are also encouraged to download the **PulsePoint phone app**, which notifies users when CPR may be needed in a public place nearby. Visit www.pulsepoint.org for more information.

This month, remember that the best Valentine's Day gift is a healthy heart!

For on-going safety tips, 'Like' us on Facebook at Sunrise Fire-Rescue and follow us on Twitter@SunriseFRD.

#