



Did you know that February is Heart Awareness month?

Heart disease is the leading cause of death for men and women in New York City. Smoking, being overweight or obese, or having diabetes, high blood pressure or high cholesterol also increase your risk.

♥ Monitor Your Blood Pressure

- Develop a plan to regularly check your blood pressure—not just at the doctor's office but at home or at a pharmacy. Track your results in a log or diary to monitor your progress.
- Take your medications as prescribed. Your medication helps control and maintain your blood pressure. [Here are some tips](#) to help you stick with your medication plan.

♥ Quit Smoking

- Smoking is a leading cause of preventable deaths. City employees can quit smoking with free guidance and resources from the [Employee Smoking Cessation Assistance Program \(ESCAPE\)](#).

♥ Eat Right

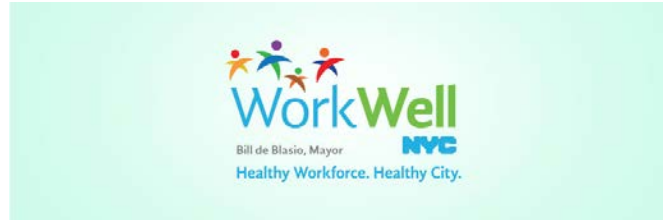
- Eat plenty of fruits, vegetables, and whole grains. Check out the [Guide to Healthy Eating & Active Living in NYC](#) for easy and delicious recipes and other tips on how to stay healthy.
- Avoid processed foods, which are higher in sodium and sugar.
- Look for [sodium warnings](#) at chain restaurants in NYC.



Meals with a warning icon have more than the daily recommended limit of sodium.

♥ Be Active

- Aim for 2 ½ hours of moderate physical activity each week. Every little bit adds up: take the stairs, get off the subway a stop early, or take a walk with friends.
- [Shape Up NYC](#) offers free fitness classes to all New Yorkers.



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