

# Innovative WellNews



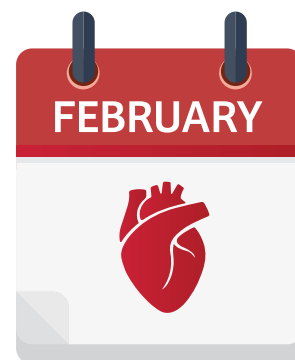
Innovative  
WORKPLACE WELLNESS

## February Heart Health



### Did you know

February is Heart Health Month? Make it your goal this month to know your risks for heart disease. And if you've already been diagnosed with high blood pressure or heart disease, keep your blood pressure, cholesterol levels, and blood sugars in check. These are great goals to work towards. If you've started 2024 on a new path to wellness and are already feeling like you lack the motivation, realize that motivation comes and goes. It most likely means you need a better plan.



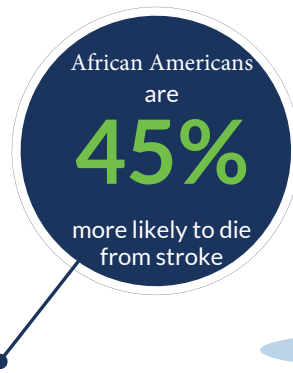
### Tips to Keep Your New Year's Resolutions

- Focus on your "why"
- Look at the long game, not the short game
- Start today
- Focus on small changes
- Add a new, healthy habit to an existing habit
- Figure out what's not working and how you can make changes

# Health and Wellness Observances

## American Heart Month

The 2024 goal for the American Heart Association is to help identify and remove barriers related to health care access and quality. Unfortunately, some people of color and some people living in under-resourced areas, have shorter life expectancies than others. The following statistic demonstrates this health inequity:



How can you make a difference in your community? Become an EmPOWERED Ambassador for the American Heart Association.

You can learn more [here](#).



## National Cancer Prevention Month

Cancer is the second leading cause of death in the United States behind heart disease. Alcohol is one of the most important preventable risk factors for cancer. It has been linked to cancers of the mouth, throat, esophagus, liver, colon, and breast. As “Dry January” comes to an end, consider limiting your alcohol use to weekends or special occasions.

## Monthly Nutrition Fact

Eating fruits, vegetables, and whole grains, while limiting processed meats, can lower your risk for both heart disease and cancer. Try incorporating them all into one meal to help you feel satisfied.



## Monthly Physical Activity Tip

Getting exercise includes everyday activities too, so try to incorporate more activity into your daily routine. Examples could include household activities like vacuuming, scrubbing your floors, de-cluttering, or completing a home project you’ve been putting off. Don’t let the change in weather get in your way of exploring nature or taking a walk outside. Try to monitor the weather in advance and plan ahead by wearing layers. You can even try parking farther away or taking the stairs.

## We Value Your Feedback!

Hope you enjoy the wellness apps we’ve included in this month’s newsletter! Please continue to share with us what you’d like to know [here](#).



Thank you for your suggestion to provide some of the best health apps. According to Garage Gym Reviews, the following apps provide great options to help you reach your wellness goals:

- Best Health App for Strength Training: **Caliber**
- Best Health App for Weight Loss: **WeightWatchers**
- Best Mental Health App: **Talkspace**
- Best Health App for Meditation: **Headspace**
- Best Health App for Sleep: **Sleep Cycle**
- Best Health App for Hydration: **Water Reminder**
- Best Health App for Walking and Running: **Strava**

Sources:  
[Heart.org](https://www.heart.org) | [Cancer.org](https://www.cancer.org) | <https://www.garagegymreviews.com/best-health-apps>