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FLORIDA HEALTH REMINDS YOU TO SHOW YOUR HEART SOME LOVE THIS VALENTINE'S DAY



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Tallahassee, Fla.—Each year, the Florida Department of Health and the American Heart Association recognize February as a time to help Americans to focus on their hearts and commit to a healthy lifestyle in order to combat heart disease. Heart disease is the leading cause of death in the US and Florida, and high blood pressure is a key risk factor for heart disease.

“This month, take some time to show your heart extra love – if you take care of your heart, your heart will take care of you,” said State Surgeon General and Secretary Dr. Celeste Philip. “Heart disease remains a threat to too many Floridians, and almost half of adults in America have high blood pressure. But there are many ways to reduce your risk for high blood pressure and heart disease, such as making smart food choices, staying active and getting 7-9 hours of sleep a night.”

The Florida Department of Health reminds you that there are many steps you can take to protect your heart and the hearts of your loved ones.

- Consider taking regular walks with your Valentine or your friends and family. Aim for at least 150 minutes of activity per week;
- Visit your doctor regularly for preventive screenings like having your blood pressure and cholesterol levels checked;
- Follow [recipes](#) that are good for your heart that include lots of fresh fruits and vegetables and fewer processed foods; and
- Quit smoking to greatly decrease your risk for heart disease with helpful tools from [Tobacco Free Florida's Quit Your Way Program](#).

This Valentine's Day, show your heart some love by committing to a lifestyle that will keep you happy, healthy and living longer so you can spend more time with your loved ones.

To learn more about how you can lower your risk for heart disease, visit the Florida Department of Health's [Heart Disease](#) page.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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