

YOUR
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2018

healthy & happy



Lose and win!

Don't let excess weight break your heart

Do you know what your body mass index is? This number estimates your body fat calculated from your height and weight. A BMI of 30 or higher means you're obese.

Being obese makes it harder for your body to circulate blood effectively. It also raises triglyceride, blood pressure, and blood sugar levels. Plus, it lowers HDL, or "good," cholesterol. These factors increase the likelihood that you'll develop heart disease and diabetes.

Fortunately, losing just 3 to 5 percent of your current weight makes a difference. It can lower triglycerides and glucose levels; improve blood pressure; lower LDL or "bad" cholesterol; and increase the "good" HDL.

If you weigh 250 pounds, 3 to 5 percent is about 8 to 13 pounds. Eat wisely and exercise regularly, and you can do it.



February

1-800-CLIENT
www.YourOrganization.com

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					Groundhog Day	
4	5	6	7	8	9	10
11	12	13	Ash Wednesday Valentine's Day	15	Chinese New Year	17
	Presidents' Day					
18	19	20	21	22	23	24
25	26	27	28			MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



TAKE CONTROL: PREVENT A STROKE

People who have had a stroke likely had high blood pressure. Controlling your blood pressure is vital to preventing a stroke. Find ways to keep hypertension at bay at www.heart.org.