February is American Heart Month!

Each February, the National Heart, Lung, and Blood Institute (NHLBI) and The Heart Truth® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. Heart disease is a leading cause of death for both men and women in the United States and people with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Eat healthy, move more, reduce stress, and stay connected with others!

Explore the websites highlighted above for information and inspiration for heart-healthy living!

Need some ideas for healthy cooking? Check out these cookbooks (and there's more!) to mix up your recipe rotation:

The Health College Cookbook
Whole30

Forks Over Knives

...and something interesting to listen to while you stay active and log time on the treadmill? We've got lots of audiobooks to explore too!

These are available through Clarkson's Overdrive collection. You can read or listen for free on your phone or other mobile device using the Libby app. All you need to check them out is your Clarkson login.

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Want to meet with me? Check my calendar to set up a Zoom meeting.