



FEBRUARY

Did you know... that February is American Heart Month?

What is Heart Disease?

Heart Disease is the leading cause of death in the United States. "Heart Disease" is an umbrella term which refers to different types of heart conditions. The most common type of heart disease in the United States is Coronary Artery Disease (CAD). Other types of heart disease include:

- Arrhythmia
- Valve Disease
- Heart Failure
- Peripheral Artery Disease
- Aortic Disease

Symptoms

Heart disease symptoms vary based on the type of heart disease, age, and gender. However, common heart disease symptoms include:

- Chest pain
- Chest pressure
- Shortness of breath
- Dizziness or fainting
- Fatigue or exhaustion

Risk Factors

Certain risk factors may make you more likely to develop heart disease. However, simple lifestyle changes like tobacco cessation or a change in diet can help to mitigate some of these. Risk factors of heart disease include:

- High blood pressure
- High Cholesterol
- Tobacco use
- Type 2 diabetes
- Lack of physical activity

◆ Wellbeats

Wellness

Give Your Heart Some Love

This American Heart Month, show your heart some love by exploring a variety of videos available to you through Wellbeats Wellness that are focused on fitness, nutrition, and mind-body. These heart-friendly classes aim to help you on your journey to a happier, healthier you.

Ready to join? In your Wellbeats Wellness account, go to Programs to join the Intro to Mindfulness today. Start today and discover the transformative power of inner peace.

Explore some heart-friendly classes curated just for you from Wellbeats Wellness' Fitness, Nutrition, and Mind-Body pillars:

- **Fitness**
 - **Countdown to Fit**
 - **Power Circuits**
- **Nutrition**
 - **Breakfast: Start Your Day Right**
 - **Eat Better, Sleep Better**
- **Mind-Body**
 - **Balance in Focus**
 - **Mudra Meditation**

Download the Wellbeats Wellness app or go to portal.wellbeats.com to get started, or by scanning the QR code!



Works Cited

- <https://www.nhlbi.nih.gov/education/american-heart-month>
- <https://www.cdc.gov/heart-disease/about/index.html>
- <https://my.clevelandclinic.org/health/diseases/21493-cardiovascular-disease>