



FOR IMMEDIATE RELEASE

February 2, 2010

Contact: Tom Schlueter (630) 444-3098

(630) 417-9729 cell

www.kanehealth.com

Feb. 5 is 'National Wear Red Day'

As people look forward to celebrating Valentine's Day, The Kane County Health Department would like to remind residents that February is American Heart Month. The Health Department would like to encourage everyone to wear red on Friday, Feb 5, as a way to help raise awareness for women's heart health.

Heart disease is the number one killer of women. A woman's risk for heart disease rises between the ages of 40 and 60, but heart disease can begin early, even in the teen years. No matter how old you are, both women and men can take steps to lower their risk.

Get physical activity.

Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Remember, you don't have to get physical activity all at once. Spread activity throughout the week or into smaller chunks of time during the day.

Eat healthy.

Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol content. Choose healthy snacks such as trail mix, an apple, or low-fat cheese. Check out Fruits and Veggies Matter (www.fruitsandveggiesmatter.gov) for healthy recipes.

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Be smoke-free.

Avoid smoking and secondhand smoke (inhaling other people's smoke causes health problems similar to those of smokers). Quitting smoking has immediate and long-term benefits. Within 20 minutes after smoking that last cigarette, your body begins a series of positive changes that continues for years. If you think you're ready to quit, call 1-800-QUIT-NOW and visit www.cdc.gov/tobacco/quit_smoking.

To learn more about the Wear Red campaign and the effort to raise awareness for women's heart health, please visit www.goredforwomen.org. More information about American Heart Month is available at www.cdc.gov/Features/HeartMonth.

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