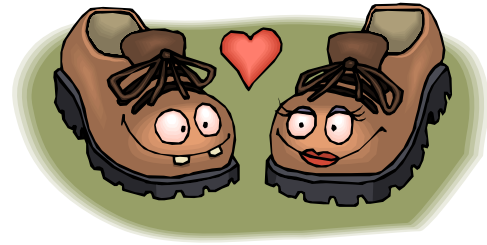


February 2010



February is Heart Month!

Did you know that behaviours leading to heart disease begin in childhood and adolescence? In recent years, we are even seeing high blood pressure, type 2 diabetes and high cholesterol in young children!



We can reverse this alarming trend by taking steps to help prevent heart disease right at home. In fact, the risk for heart disease can be reduced by 50 per cent when we create healthier lifestyle habits such as not smoking or being exposed to second-hand smoke, increasing physical activity levels and making healthier food choices.

Why not celebrate Heart Month by choosing to enhance one of these lifestyle habits in your home? Your family members' hearts will thank you for it!

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**