AMERICAN heart MONTH

Annually throughout February efforts are put forth to bring awareness to heart disease and its effects on the human body, especially in women.

Today, we are focusing on women's health and fitness! It's so important for women to take care of themselves daily. Women often find themselves in the roles, which can take a lot of time away from herself, like as a mother or a caregiver. What is often forgotten is that just as much as women give, they also need to receive and take care of their own body and mind. Eating properly, exercising, and getting proper sleep are all ways you can give yourself a little bit of extra attention, and celebrate your life. Here are a few other suggestions you can implement on this day or in your life to celebrate YOU and help prevent conditions such as heart disease!

Get a workout buddy and go to a fun exercise class! Or go for a walk or jog together. Exercise helps to decrease stress, and talking to a friend can take a load off your mind. Exercise also boosts endorphins in our brain, which makes us feel happy!

Book a beauty treatment or massage. Who doesn't love to feel pampered? Book an appointment to get your nails done, get a haircut, a spa treatment or massage. You can even take a luxurious bath at home with 1 cup of Epsom salt and a few drops of lavender essential oil to create your own spa right at home.

Enjoy your day. Plan things that you actually like to do. Say NO to extra activities that you don't care for or create stress for you, and treat yourself in doing something that you genuinely enjoy.

Prepare or go out for a healthy meal. Eating whole, nutritiously dense foods helps us feel better mentally and physically. Everything we eat and put into our body affects our mood; therefore, choose wholesome foods like deep green veggies, an organic piece of chicken, and a protein-rich carbohydrate, like quinoa. This type of meal nourishes your body and mind. Also, don't be afraid of healthy fats like nuts or avocados. Healthy fats help us to feel satiated and make our skin, hair, and nails healthy too.

Get a good night's sleep. Getting proper rest is crucial in feeling mentally sharp and being able to make life's daily decisions. Aim to be asleep by at least 10:30pm, or get a minimum of 8 hours of sleep a night for adequate rest.

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