

Heart Health

Heart disease is the leading cause of mortality in the US in men and women.

- Every 34 seconds a person dies in the US from a heart-related event.
- High blood pressure (BP) is the leading cause of heart disease.
- Knowing your blood pressure is essential to heart health.
- Do you know yours?

If you don't know your BP, schedule now to get yours checked.

[Click here to schedule your appointment!](#)

Did You Know?



Meditation

[Harvard](#) reported that research is finding meditation useful for a variety of health problems:

- Easing chronic pain
- Lowering blood pressure
- Lowering stress to protect the heart



Hydration

[Mayo Clinic](#) recommends 11-16 cups of water per day! Hydration helps with:

- Regulating blood pressure
- Moderating body temperature
- Cushions joints
- Protecting sensitive tissues



Cholesterol Rapid Test

A rapid cholesterol test is available in the Wellness Clinic. Have you had yours checked in the past year?

If not, click [here](#) to schedule an appointment with the nurse practitioner.

A Word From Our Affiliate

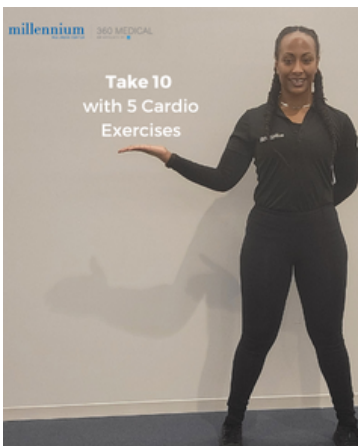
To Improve Heart Health: Start Slowly and Listen to Your Body.



At HSS, we think about the muscles that help us do the things we love such as walking, running, swimming, and climbing. However, we cannot forget about the muscle that helps us with all activities: the heart.

HSS is here to help you manage any of your musculoskeletal concerns. If you think you need a referral, please check with our nurse practitioner or chiropractor for concierge access to HSS. Dial extension x4200 for assistance.

Rehab Corner



Short on time?
Take 10 for our 10-minute cardio workout.

- 5 exercises for 45 seconds; Repeat times 3!
- Use modifications in video for beginner level.
- Click [Take 10](#) and enjoy!

If you have health concerns, please check with your provider or the [nurse practitioner](#) at Millennium Wellness Center prior to starting an exercise program.