



NYC Lifestyle

American Heart Month



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In addition to Black History Month, February is also recognized as American Heart Month – a time to spotlight cardiovascular health and activities that help prevent heart disease. To help you stay heart-healthy, we've put together a list of activities, tips, apps and more.

Heart Healthy Eating

Maintaining a balanced diet should be healthy and delicious. Next time you're grocery shopping, look out for the [American Heart Association's Heart-Check mark](#) on foods that help promote cardiovascular function. If you're interested in cooking heart-healthy meals at home, [try this list of recipes](#).

Let's Go, Cardio!

Moving your body for just a few minutes every day can have a huge, positive impact on your cardiovascular health. If you need a little nudge to get your body moving, [check out these fitness apps](#) from *Men's Journal*. Your heart will thank you!

Hear From the Experts

Wondering where to start on your heart-healthy journey? We recommend [Stories of the Relentless](#), a new podcast series from the American Heart Association. The podcast contains powerful stories, science and solutions-based conversations that are meant to inspire and educate the public.

Chelsea Piers Fitness Webinar

[Join Chelsea Piers Fitness for an informative, heart healthy webinar](#) on Tuesday, February 23 at 7:30 p.m. This free online event will include discussions with personal trainers on ways you can keep your heart healthy and prevent heart disease.



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Power Walking 101

Curious about starting a cardio workout routine, but don't know where to start? Power walking is an easy way to kick off your cardio routine and is a low-impact alternative to a treadmill or your local runners' track. Plus, power walking can be just as effective for cardiovascular health, joint health and emotional well-being. [Here's how to do it!](#)

Pets & Your Heart

Pet owners will attest that a furry friend can hold a very special place in your heart. Studies also show that living with a pet can lead to a healthier life, greater longevity and improved mental health. [Click here](#) to read more about the healthy bonds between humans and pets.

Heart Reads

If you're interested in reading-up on the latest in cardiovascular health, take a look at [this list of top-rated books](#) on heart health and heart disease. The list contains a variety of genres from cookbooks and lifestyle to biographies and children's stories – a little something for everyone, no matter where you are in your heart journey.

Power Your Life

The Center for Health & Wellbeing will host a webinar on Wednesday, February 24 at 11 a.m. Foods to Fuel a Healthy Heart will feature Chef Collette Haw of Nourish Coffee Bar + Kitchen who will discuss top nutrients for heart function, budget-conscious meals and a special feature recipe. [Sign up for the event here.](#)