



### **American Heart Month 30 Sec PSA**

February is American Heart Month, and it's a prime time to make sure you are heart healthy.

According to the American Heart Association, lifestyle changes such as becoming active, eating a healthier diet, losing weight, stopping smoking, controlling cholesterol, managing blood pressure, and reducing blood sugar are the best defense against heart disease.

For more information, visit [Alabama-Public-Health-dot-gov](http://Alabama-Public-Health-dot-gov). This message is brought to you by the Alabama Department of Public Health and this station.

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