



Heart
Matters

The background of the entire image is a repeating pattern of light gray, stylized hearts. These hearts are scattered across the white background, some appearing slightly larger or more prominent than others, creating a soft, affectionate texture.

The Heart Matters

Team

Outline

3 The Why

4 Goal Setting

5 Habit Formation

6 CDC-Heart Health 7
Strategies

7 The How





*A beautiful heart will
bring things into your life
that all the money in the
world couldn't get you.*



The Why

- ▶ Heart Matters program celebrates National Heart Health Month by supporting participants with a personal health goal related to reducing their risk for heart disease
- ▶ Heart disease is the leading cause of death in the United States

SMART Goal Setting

Specific

Measurable

Achievable

Relevant

Time



Habit Formation

Reminder

The cue or trigger to start the habit

Routine

The action you take. Habit itself

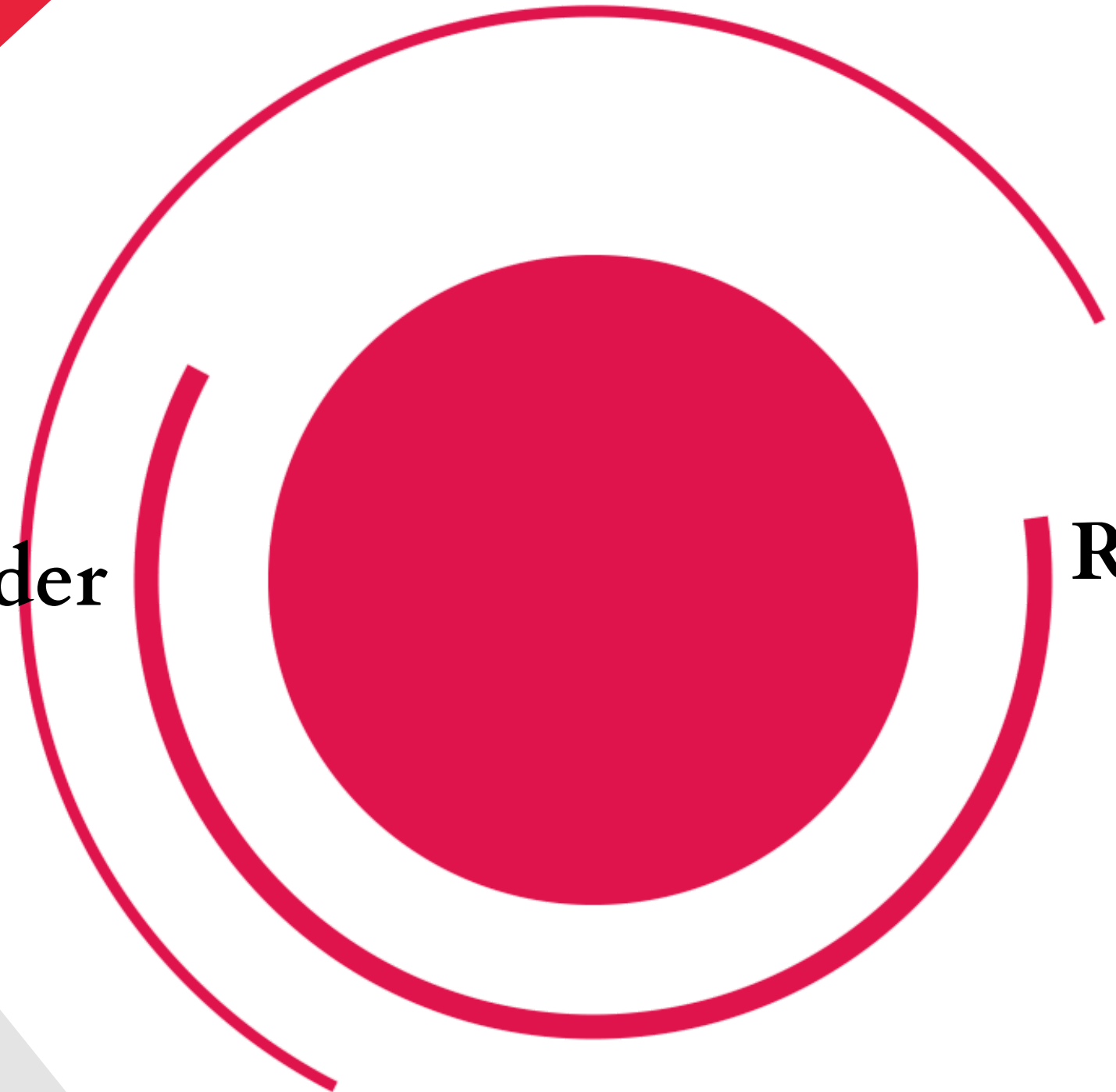
Reward

The benefit you gain from the habit

Reminder

Routine

Reward



7 Strategies to Heart-Healthy Lifestyle



Health History



Healthy Diet



Move More, sit less



Choose Your Drink Wisely



Quit Smoking



Monitor Blood Pressure



Take Medications as directed



7 Strategies to Live a Heart-Healthy Lifestyle

7 Strategies to Live a Heart-Healthy Lifestyle

[cdc.gov](https://www.cdc.gov) / Nov 20, 2023

When the heart is at ease the
body is healthy.



The How



Goal # 1

Create Your Own Goal



Goal # 2

Use Tracker if you want

Demo



Goal # 3

Enter Goal Update



Goal # 4

Attend Lunch and Learns



National Institute of Wellness

Health is not just about what you're eating or doing. It's also about what you're thinking, feeling, and saying.

Lunch and Learn

Feb. 8

Sadie Meyer, RD
Nutrition
Healthy Heart

Feb. 15

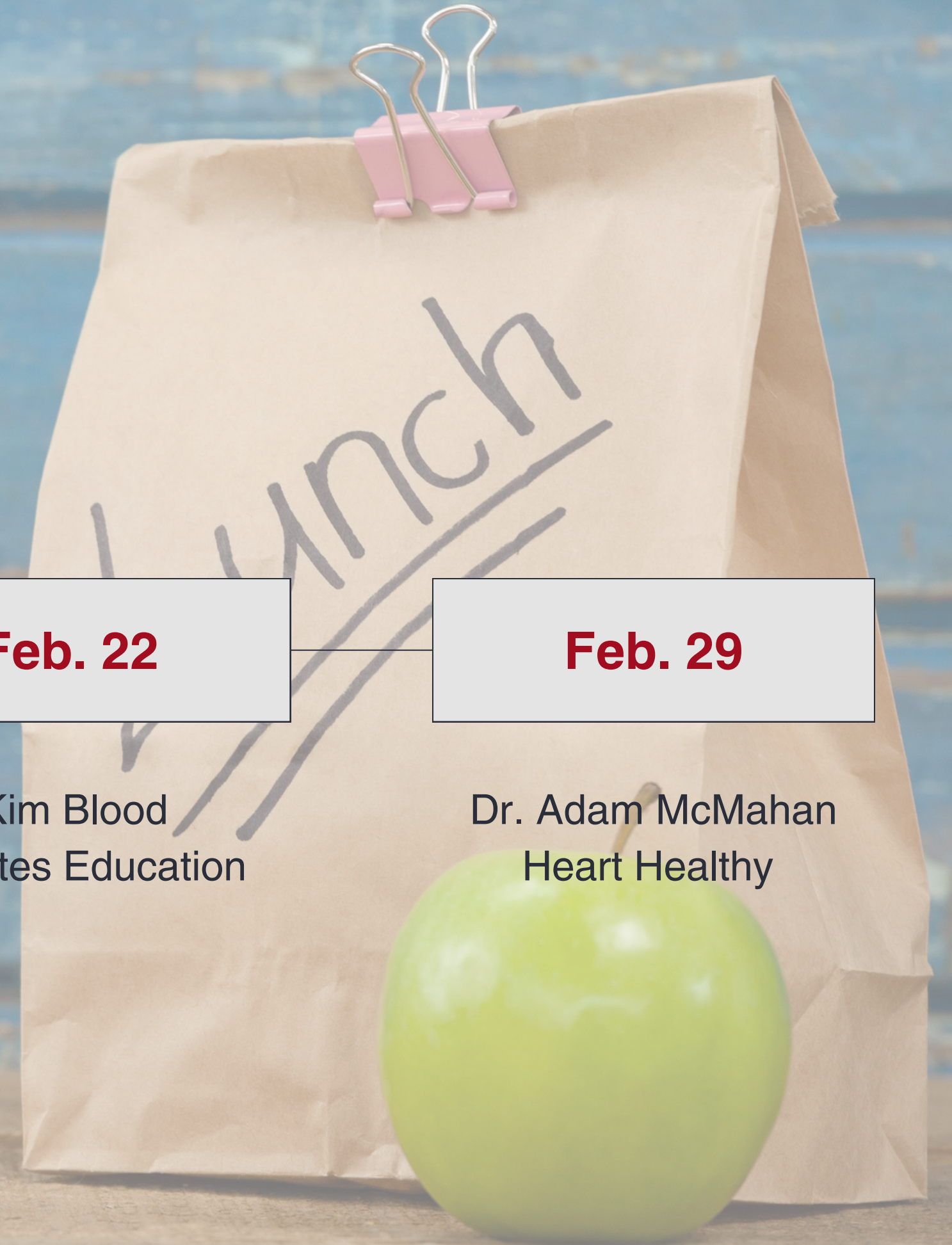
Tenelle Bragg LCSW, CIMHP
Behavioral Health
Stress Management

Feb. 22

Kim Blood
Diabetes Education

Feb. 29

Dr. Adam McMahan
Heart Healthy





Connect with us.

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