

# FEBRUARY

## THE MONTHLY CONNECT

### FEBRUARY IS HEALTHY HEART MONTH



February is American Heart Month, a time when everyone can focus on their cardiovascular health. Understanding risk factors for heart disease and how to live a heart-healthy lifestyle are a part of practicing self-care

Heart disease is the leading cause of death in the United States. Lifestyle, age and family history can increase your risk for heart disease. Health conditions such as high blood pressure, high cholesterol, and smoking are also key risk factors for heart disease.

Make the time during American Heart Month to Know Your Numbers.

### EXERCISE INITIATIVE OF THE MONTH: 5-MINUTE JUMP ROPE WORKOUT

You may not have time for a 30 or 60 minute workout, but everyone can fit in 5 minutes for fitness. This 5 Minute Jump Rope Workout for Beginners alternates short sets of jumping rope with body weight exercises.

[Click here to watch](#)



#### Benefits of Jump Rope:

- increases your heart weight
- burns calories
- improves coordination and balance
- may help build bone density
- easy to do/doesn't require much equipment
- makes you feel good

### RECIPE OF THE MONTH: BUTTERNUT SQUASH SOUP



This beautiful orange-gold soup is thick and creamy and made with butternut squash, which is rich in antioxidants and vitamins, which can help boost your immune system.

#### Ingredients:

- 1 large Butternut Squash
- 1 Onion finely diced
- 2 cloves garlic
- 4 cups Vegetable Stock
- 1 tablespoon coconut oil (or olive oil)
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried thyme
- ¼ cup coconut cream

View the full recipe [here](#).