

January 2017 – Million Hearts® Messaging
As We Move into the New Year, Let's Work Together to Set Heart Healthy Goals

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We Want to Know!

Do you like these messages? Do they meet your needs? [Tell us how we're doing!](#) We want your feedback! We also want you to use these messages as you wish on your own communications channels.

Did you know?

You can [take control of your heart health](#) by eating well, exercising regularly, maintaining a healthy weight, quitting smoking and tobacco, and drinking alcohol in moderation.

Some of the [most common New Year's resolutions](#) last year included living life to the fullest, living a healthier lifestyle, and losing weight. That means this is the perfect time of year to talk with people about setting heart healthy goals for the year ahead.

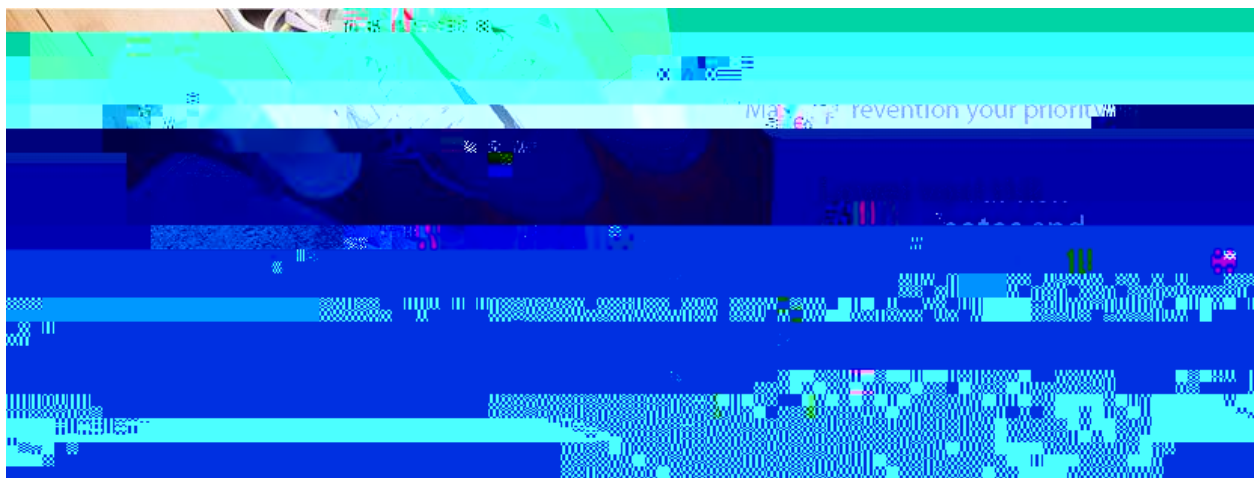
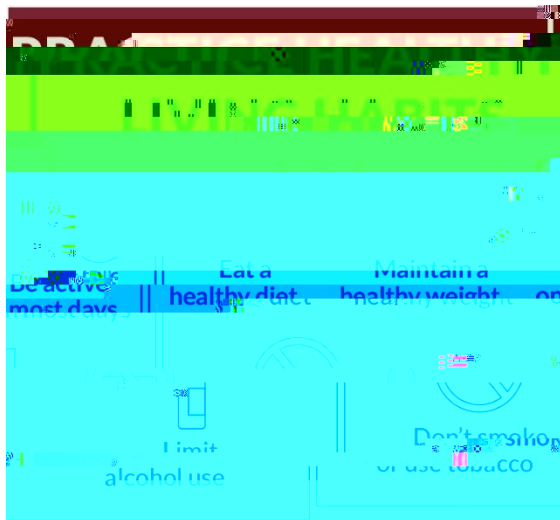
Million Hearts[®] provides [tools, protocols, and action guides](#) to help health care providers and patients set and reach their heart healthy goals.

Taking control of your health – and helping others take control of theirs – is empowering. With time and work, goals become habits. We can improve our

Need a little help with your New Year's Resolution to eat healthier? Visit <http://recipes.millionhearts.hhs.gov/> for recipes and sample eating plans.

#HealthPros: Top New Year's Resolutions include eating better & losing weight, which are good for heart health. That makes it a perfect time to talk with patients about setting heart healthy goals for 2017 – and beyond! Here's how to make it stick: <http://bit.ly/1bW8TKL>.

Social Media Images





Sample Newsletter Article

As We Move into the New Year, Let's Work Together to Set Heart Healthy Goals

It's a New Year! That means it's the perfect time to set new goals for yourself. Maybe you want to eat healthier, exercise more, or quit smoking. If so, good news – all of these goals can improve your heart health. By committing healthy living habits – like eating a healthy diet, maintaining a healthy weight, being active most days, not smoking or using tobacco, and limiting alcohol use – you can create a heart healthy life.

Of course, making a resolution is easy – but making it stick requires some planning and work. Check out these tips for making your resolutions stick include:

Create realistic goals: Set small goals and work your way up. And remember that it's a journey. No one can (healthily) lose 30 pounds in a month or go from eating no vegetables each day to eating only vegetables each day. Meeting your goal takes time.

Devise realistic, specific strategies to reach your goals: Rather than saying, "I am going to lose weight this year," try, "I will lose 10 pounds by March 15 by eating salad for lunch, eating less bread, drinking water, and walking the dog after dinner at least three nights a week." And then monitor your progress toward your goal along the way. By setting realistic, concrete goals and monitoring your process, you can achieve your heart health goals.

Part of being realistic includes being patient with yourself: You will slip up some days and that's okay. Living a heart healthy life doesn't mean you never eat hamburgers and cake – it just means that you try to achieve balance in your diet.

Focus on the positive: If you come at a goal from the perspective of limiting yourself, you may start to resent it. Instead