



News Release

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Platte County Lifestyle Coalition celebrates February as National Heart Month

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition is a local coalition dedicated to promoting healthy lifestyles. This month, the coalition is celebrating February as National Heart Month and recognizing the importance heart health.

Heart disease is the top killer in the United States, causing about one in four deaths. Heart attacks cause damage to the heart, and an estimated 20 percent are “silent,” meaning the person is not even aware it occurred.

There are a number of things you can do to better care for your own heart. The PCLC recommends people make changes they can embrace, instead of drastically altering their life, only to abandon the changes later. Healthy habits can include the following:

- **Walk every day.**
- **Quit smoking.**
- **Cook smart.**
- **Snack wisely.**
- **Watch your waistline.**
- **Get regular health screenings.**

Once you know how to better care for their heart, you need to do it. Use the knowledge you have to make positive lifestyle choices so you can enjoy better heart health – and overall health – every day.

As part of its mission to promote healthy lifestyles, the PCLC is involved with several local health and wellness programs, including the Walk to Jerusalem, Complete Health Improvement Program, running clubs at local schools, Walk with a Doc and more.

For more information about the PCLC or how you can become involved, contact Gene Vis, PCLC coordinator, at 402-562-4686 or edvis@columbushosp.org.

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