

**FOR IMMEDIATE RELEASE****Women: Be Good to Your Family by Taking Care of Yourself**

“Be good to myself,” should be at the top of every woman’s to-do list.

If you think you don’t have time to take care of yourself because you’re too busy taking care of your family, think again. Your family depends on you for many things, and in order to be good to them, you have to be good to *yourself*.

Have you had a checkup or health screening in the past year? That’s the first step in taking better care of yourself.

It is important to remember these five important steps to ensure you are living a healthy life:

- Visit a healthcare professional for regular checkups and preventative health screenings.
- Live an active lifestyle.
- Eat healthy.
- Pay close attention to your mental health. It’s important to manage your stress and get enough sleep every night.
- Avoid unhealthy habits that jeopardize your health, like smoking.

Did you know that regardless of race, heart disease is the number-one killer of women? It strikes at a younger age than most people think, and about 1 in 3 American women die from heart disease.

Heart disease can decrease your entire quality of life and affect your ability to do even the simplest activities like walking up stairs or playing with children or grandchildren. Two in 3 women who have heart attacks never fully recover. If you have a heart attack, your risk of having another increases.

Taking care of yourself is an important part of taking care of your family. Take small steps each day to follow a path to create a healthy heart and healthy lifestyle.

WVU Extension Service’s Love Your Heart Movement is adapted from the National Heart, Lung and Blood Institute’s campaign and is targeted to help West Virginians become educated and enabled to take charge of their own health.

To learn more about ways WVU Extension uses trusted research and local experts to empower citizens to improve their health, contact your local WVU Extension Service cCounty office or visit [www.ext.wvu.edu](http://www.ext.wvu.edu).

—WVU-ES—

1/2014