

## Celebrate February Heart Health Month by Getting Your Personal Heart Score with My Life Check

The American Heart Association has created an online tool to help you find out how you are doing with your heart health. This tool is called "My Life Check." All of us need to practice Life's Simple 7 to live a heart-healthy life, and no one achieves heart health by accident. The My Life Check online tool empowers children, teens, and adults to take a step toward a better life through measuring their heart health.

On this website you can get your personal heart score, and get a custom plan with the information you need to start living your best. With Life's Simple 7 you can know you're heart healthy. Remember, you can stop heart disease before it starts. Start small and keep it simple. Make one change today and then you're ready to make another. Before you know it, you've stopped making poor choices and started making heart-healthy ones.

Visit: <http://mylifecheck.heart.org/PledgePage.aspx?NavID=5&CultureCode=en-US> to get assessed today.

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