



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE

Contact:

Elaina Kempin, Marketing
YMCA of Rapid City
605-719-5081
elaina@rcymca.org

FEBRUARY IS AMERICAN HEART MONTH

YMCA of Rapid City encourages Black Hills residents to be heart healthy this month.

RAPID CITY, SD February 3, 2025 – February is American Heart Month, and with published research indicating blood pressure control has worsened in both men and women since the pandemic, it's important to use this month to get a blood pressure screening and focus on becoming heart healthy. Below are tips for everyone to become heart healthy this February.

1. **Get Moving:** Being physically active every day is not only fun; it can also improve the function of your heart. Plan and schedule opportunities for active play; for example, include a brisk 10-minute trip around the block after meals or a 10-minute walking break during the day. Need motivation? Check out the group exercise classes at the Y and join your community in the fun!
2. **Rest up:** Lack of sleep can be associated with elevated cholesterol and blood pressure. Adults need at least 7 hours of sleep at night to aid with the prevention of heart disease. Children need 10-12 hours of sleep per night. Develop bedtime routines to assist with falling asleep faster and staying asleep.
3. **Revamp your Recipes:** Makeover your favorite recipes by reducing the amount of salt and saturated fat and substituting a lower fat food without sacrificing tastes. For example, use low-fat yogurt instead of sour cream, skip the seasoning packet and use pepper and olive oil instead. Read food labels to learn more about what is in the package, select foods that have less than 1,000 mg of sodium per serving.
4. **Check your Pressure:** Revised blood pressure guidelines from the American Heart Association mean nearly half of all Americans (46 percent) have high blood pressure. Lowering or maintaining normal blood pressure can greatly reduce your risk for heart disease and stroke. Start self-monitoring your blood pressure and know the numbers. Discuss the results with your doctor if needed.
5. **Quality Time:** Spending time together with family or friends is a great way to reduce stress, which is important to heart health. Make homemade valentines for your children's classmates or even your closest fitness friends at the Y!

For more information on how you can live a healthy, active life please contact the Y at 605-718-9622 and visit our new Group Exercise schedule at <https://shorturl.at/jCRkx> for class days/times.

###

About the Rapid City Y

Driven by its founding mission, the Rapid City Y has served as a leading nonprofit committed to strengthening community for more than 76 years. The Y empowers everyone, no matter who they are or

where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at rcymca.org.