



## **Celebrate Valentine's Day with Heart: Tips from New West Physicians**

Valentine's Day is a time when we shower loved ones with flowers and heart-felt gifts to let them know we care. February also is American Heart Month, making it the perfect time to make sure we – and our loved ones – are taking care of our hearts.

New West Physicians urges Denver metro residents to celebrate with heart this Valentine's Day. A healthy lifestyle – especially a good diet and regular exercise – can be as effective as drug therapy to prevent heart disease for most people.

Colorado has one of the nation's lowest rates of heart disease according to the U.S. Centers for Disease Control and Prevention. However, it remains the leading cause of death in our state according to the Colorado Department of Health and Environment.

You can visit [www.nwphysicians.com](http://www.nwphysicians.com) and click on "Health Links" to download a heart health valentine and heart-healthy recipe to celebrate with your loved ones this year. Combine it with a heart-healthy glass of Pinot Noir and don't forget the anti-oxidant-packed piece of dark chocolate for dessert!

Here are some tips for "living with heart" all year long:

- Know your cholesterol, blood pressure and family history and work with your doctor to manage your risk for heart disease
- Develop a diet based on foods found along the outside of the grocery store: fruits, vegetables, lean meats and whole-grain items
- Quit smoking – it does your heart good
- Choose lean meats. In order from leanest they are fish, buffalo and game meats, turkey, chicken, pork, beef and lamb
- Use olive and canola oils instead of margarines and shortenings
- Get active in a way that's enjoyable – hike, bike, walk, jump rope – and you're bound to make it a habit; commit to getting 30 to 45 minutes of exercise at least three days each week

Tips courtesy of New West Physicians ([nwphysicians.com](http://nwphysicians.com))

Recipe courtesy of Physicians' Fitness Coach ([newwest.physiciansfitnesscoach.com](http://newwest.physiciansfitnesscoach.com))

### **About New West Physicians**

New West Physicians is a primary care physician group and medical management company serving more than 250,000 patients at 13 Denver-area offices. New West's internal medicine and family medicine professionals strive to be our patients' medical home, coordinating care and working with each person and family to help create and maintain long-term healthy lifestyles. New West regularly conducts its own internal research to ensure consistent delivery of high-quality care reflecting the best and most current medical research. For additional information and office locations, please visit [www.nwphysicians.com](http://www.nwphysicians.com).

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