

Diane Wojtowicz

From: pilot plane [flyer70_2000@yahoo.com]
Sent: Friday, February 12, 2016 5:13 PM
To: Nyw Group Safety; Nyw Staff; nywg.commanders@nywcap.org; Steve Perta
Cc: Sean Neal (CAP - Safety); mwmartin@nycap.rr.com; Diane Wojtowicz; Jean-Pierre Moreau
Subject: Re: Monthly Safety Tip-A healthy Heart for all!

For Widest Dissemination:

Courtesy of NSM Insurance...

MAKE
2016
YOUR
YEAR FOR A HEALTHY HEART

Cardiovascular diseases account for **1** in every **3** deaths in the United States.



More than **2,200** Americans die of cardiovascular disease every day.
That's one death every **39** seconds.



Cardiovascular disease is the number **1** killer of women.



Stroke is the number **3** killer of women.

Changing your eating habits is an easy way to reduce the risk of cardiovascular disease.



DON'T SMOKE



Using tobacco is one of the most significant risk factors for cardiovascular disease

EXERCISE



Just 30 minutes of exercise a day can help with weight management and stress



For CAP:
Larry Mattiello, Lt Col, CAP
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