



Restorative Emergency Alert League (R.E.A.L.) February 2026 Health Awareness Newsletter



A MESSAGE TO OUR CHURCH FAMILY

By The R.E.A.L. Team

February is American Heart Month, a time to focus on cardiovascular health and the prevention of heart disease. According to the Centers for Disease Control and Prevention (CDC), heart disease remains the leading cause of death for men and women in the United States.

At Real Life Church, our Restorative Emergency Alert League (R.E.A.L.) Health Ministry is committed to equipping our church family with life-saving knowledge and practical steps toward healthier living. Your heart works 24/7 for you — let's take time this month to care for it!



Data from the

Centers for Disease Control and Prevention:

Heart disease is the #1 cause of death in the United States. About 1 in every 5 deaths is due to heart disease.

Someone in the U.S. has a heart attack approximately every 40 seconds.

High blood pressure affects nearly half of U.S. adults.

Many people with high blood pressure don't know they have it.

Important: Heart disease often develops silently — prevention and early detection are key.

Coming Soon from R.E.A.L. Health Ministry

***FreeBloodPressureChecks(afterSundayService)



Actionable Steps for Better Heart Health

(Simple Things You Can Start This Week!)

Know Your Numbers

Check your blood pressure, cholesterol, and blood sugar regularly.

Move More

Aim for at least 30 minutes of moderate activity (like brisk walking) most days of the week.

Eat for Your Heart

- Choose fruits and vegetables daily
- Reduce sodium(salt)
- Limit fried and processed foods
- Increase whole grains and lean proteins

Quit Smoking

Smoking damages blood vessels and dramatically increases heart disease risk.

Manage Stress

Pray, meditate on scripture, practice deep breathing, and get adequate sleep (7–9 hours).

Maintain a Healthy Weight

Even small weight loss can reduce heart strain.

Know the Warning Signs of a Heart Attack

*Chest discomfort

*Shortness of breath

*Pain in arms, back, neck, or jaw *Nausea or light headedness

Call 911 immediately if symptoms occur.

🍷 Did You Know? (Fun Heart Facts!) 🍷

- Your heart beats about 100,000 times per day.
- It pumps approximately 2,000 gallons of blood daily.
- The heart is about the size of your fist.
- Laughing can improve blood flow and reduce stress hormones.
- Walking after meals can help regulate blood sugar and reduce heart strain.

Heart Health & Faith

Scripture reminds us in Proverbs 4:23:

“Above all else, guard your heart, for everything you do flows from it.”

While this verse speaks spiritually, it also beautifully reflects physical truth — protecting our hearts impacts every part of our lives.

Taking care of our bodies is one way we honor the gift of life God has given us.

Final Encouragement

Your health matters. Your heart matters. YOU matter.

Let's make February 2026 the month we commit to stronger hearts — physically and spiritually.

With care,

Restorative Emergency Alert League (R.E.A.L.) Real Life Church