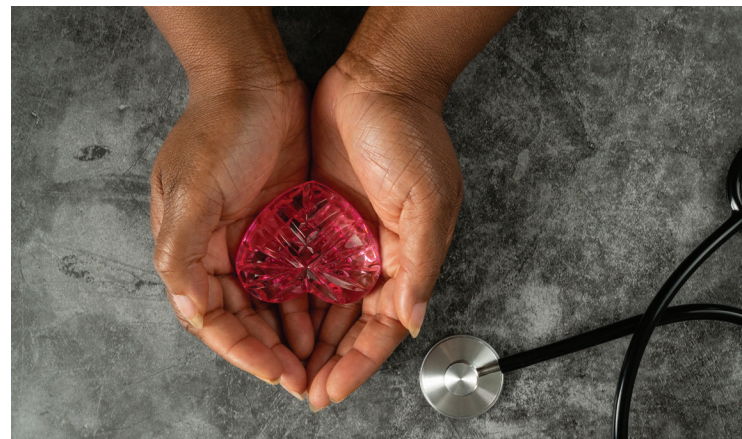


FEBRUARY IS HEART HEALTH MONTH



Fourth Annual “Brooke Hearts Your Heart” Kicks Off



Celebrating American Heart Month Prevent heart disease and strokes

February is American Heart Month, a time when all people can focus on their cardiovascular health. Over 874,000 Americans died of cardiovascular disease in 2019, according to the American Heart Association's "Heart Disease and Stroke Statistics – 2022 Update."

for Heart Disease and Stroke Prevention is expanding the reach of the Million Hearts® and CDC Foundation's "Live to the Beat" campaign, which focuses on encouraging and empowering Black adult's ages 35 to 54 to take small steps to reduce their risks for cardiovascular disease (CVD).

CVD and CVD mortality are increasing in working-age adults, and Black adults are among those bearing the highest burden of CVD and the related health consequences, particularly in the United States. Black adults in the United States die from heart disease at a

rate two times higher than White adults. You can reclaim your health by doing at least 150 minutes of moderate-intensity physical activity a week, eating healthy and not smoking or vaping. Maintaining a healthy weight and regular check up are also important.

Heart disease has remained the leading health threat during the pandemic, and more people are reporting lower physical and emotional wellness. Many people have delayed or avoided seeking medical care. Unhealthy use of alcohol and other substances has been on the rise.

Trail Blazers Broadcaster spreads awareness about heart health

This February, Brooke Olzendam, Trail Blazers Broadcaster, is launching the fourth year of Brooke Hearts Your Heart. The campaign will continue to work with the American Heart Association to educate fans on the importance of heart health, prevention, and education. This February Brooke will extend her efforts by sharing her experience and utilizing her platform

to encourage Trail Blazers fans to show their support for the American Heart Association's critical programming through various paths, while educating them on easy ways they can improve their own heart health.

This program has positively impacted Rip City to take action after hearing Brooke's story of loss. Brooke's husband Andy, who passed away 10 days after they married in 2010, had a heart attack on a treadmill while working out at age 27. By sharing her personal story, Olzendam has been able to educate and show

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we all succeed.**



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