



TREIG E. PRONSCHINSKE

STATE REPRESENTATIVE • 92nd ASSEMBLY DISTRICT

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Contact: Rep. Treig E. Pronschinske
(608) 266-7015

Happy and Healthy Hearts

Health and well-being is a growing concern in today's society. In a fast paced world filled with schedules and work it can be hard to keep a healthy lifestyle. Having good nutrition, exercising regularly, getting annual checkups, and staying active in general will limit the risk of cardiovascular disease and stroke.

I realize the importance of educating the people of Wisconsin while raising awareness on how to keep a healthy heart and took the first step by proudly co-sponsoring a bill proclaiming February 2019 as American Heart Month in Wisconsin with bipartisan support.

But education counts as more than just awareness. Last session I was able to author and pass a bill that now allows anyone in Wisconsin who dials 911 to receive CPR instructions over the phone. This is a common sense lifesaving bill.

In the end, it comes down to making healthy changes in our daily lives. The chance for cardiovascular disease and stroke, diabetes and other serious health conditions can be lessened with proper exercising and healthy eating. One in three women die each year due to cardiovascular disease and stroke. This is one of the many reasons I encourage you to be active and eat healthy.

Even with the subzero temperatures that we have had lately, it is still important to exercise at least 30 minutes each day. I know we all made this promise as part of our New Year's resolution. Since the weather limits outdoor activities such as walking your dog, jogging or biking outside, utilizing the indoors to exercise is key. Whether it be walking around indoors, using a stationary bike or even some of those home video workouts. A great way to keep yourself accountable and on track is to exercise with a neighbor or friend that has made that same resolution.

For more information on the American Heart Association and how you can stay healthy, please visit: www.heart.org

As always, feel free to contact my office with questions, comments, or concerns.

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