

Family Health and Fitness Awareness

Family Health and Fitness Day is celebrated on the 2nd Saturday in the month of June every year. This year it will be held on June 13th, it recognizes the significance of parks and recreational venues in enhancing the mental and physical well-being of families.

To encourage families to get physically active, local organizations hold events such as family runs and other various health-first events at parks and recreation centers on this this day.

Many also organize health fairs with the help of healthcare professionals wherein they offer health check-ups with options for **Stress ECGs**, blood pressure readings, and so on.



But let's not forget that this year is different. With a virus that continues to spread throughout the world, staying in and practicing social distancing while being outdoors is recommended at the moment.

So, how do you celebrate this day and acquire new information about keeping yourself and your family fit and healthy? We have some tips for you:

Get your heart racing at home!

Not only is the virus highly contagious, but staying at home to protect oneself against it is also leading to secondary health issues. Social isolation and the overall situation is adversely affecting the mental health of people around the world. In addition to this, physical health is also being impacted as people are working from home.

To cope with stress and to keep yourself healthy, it's crucial that you find the time to exercise.

Monitor your health

Regular health check-ups and tests help to find health issues before they start wreaking havoc in your body. At the same time, it also lets you know how fit you really are.

Many individuals use this special day to see a healthcare professional. At this time, healthcare communities are prioritizing cases that require urgent intervention. People are being told to postpone appointments so that resources are freed up for those who require critical care. However, there might be clinics near you offering curbside health check-ups with the help of mobile **Stress ECG** systems and other tools.

You can also benefit from telehealth services to book a virtual appointment with your physician on this day. If you have a health condition, it would be wise to request a mobile **Stress ECG**, blood pressure, and glucose exam so that you can monitor your health from the comfort of your home. If you are a physician and do not have these systems, this would be a great time to invest.

These are just some tips that will help you to celebrate Family Health and Fitness Day at your residence! Stay safe, stay healthy, stay fit!

To improve accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

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About Nasiff

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