

Healthy People

National Heart Month

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It's February. Time to get out your favorite red shirt, find the red pen that's stuck in the back of the desk drawer, and send some Valentine's Day cards to people you love. But February has more to celebrate than just Valentine's Day. It's National Heart Month! So why not celebrate the wonder of your own heart every day?

Fun Heart Facts!

- ♥ Your heart beats about 100,000 times a day. That is 35 million times a year. If you live to be about 80 years old your heart will beat nearly 3 billion times!
- ♥ While it's beating, a heart will pump about 1 million barrels during an average lifetime. That's enough to fill more than three super tankers!
- ♥ An adult body has about 6 quarts of blood (1.5 gallons). It circulates through the body three times every minute. In one day, the blood travels a total of 12,000 miles. That's back and forth across the United States from coast to coast...TWICE.
- ♥ A kitchen faucet would need to be turned all the way on for 45 years to equal the amount of blood pumped by the heart in an average lifetime.



Heart Healthy Tips!

- ♥ Get at least 150 minutes of exercise a week. Schedule your workout times just like you would an important meeting or appointment. Get moving and have some fun!
- ♥ Eat fresh fruits and vegetables and cut down or eliminate processed foods and excess salt.
- ♥ Manage stress. Maybe think of your exercise time as stress relief and tick off two boxes at once? Or perhaps meditation or yoga is more your thing. Either way, reducing your stress level is good for your heart.