

HEART HEALTH



Your heart beats **100,000 TIMES EVERY DAY**, which adds up to 35 million times every year.



Your heart pumps **3,000 GALLONS OF BLOOD EVERY DAY**.



The heart is so strong that it could **LIFT OVER 3,000 POUNDS**.

OVER 750,000 AMERICANS DIE FROM CARDIOVASCULAR DISEASES EVERY YEAR.

That's about one death every 40 seconds.

HEART DISEASE is the leading cause of death for both men and women.



THE WARNING SIGNS FOR HEART DISEASE INCLUDE THE FOLLOWING:



Unhealthy diet



Smoking



Obesity



Lack of exercise



Excessive alcohol use

WHAT CAN HELP PREVENT HEART DISEASE?



Eat foods that are **LOW IN SATURATED FAT, TRANS FAT AND SODIUM**.



Learn the **WARNING SIGNS** of heart attacks, strokes and cardiac arrest:

- Chest discomfort
- Difficulty with speech
- Sudden loss of responsiveness



Keep an eye on your **CHOLESTEROL**, which should be checked at least every five years.



Get at least **2.5 HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY** every week.

WITH THE PROPER MEDICAL ATTENTION,

heart attacks are rarely fatal. However, sudden cardiac arrests that often follow heart attacks are fatal 95 percent of the time.

Sources: The American Heart Association, Centers for Disease Control and Prevention

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