

Wellness WEDNESDAY

**GIVE YOUR
HEART SOME
LOVE!**



Happy Heart Health Month!

Did you know that your heart beats 100,000 times a day? With each one of those beats, this incredible organ pushes oxygen, hormones, fuel, and a myriad of essential nutrients to every system, organ and cell in your body while carrying away the waste products of metabolic function.

Obviously, you want to keep your heart in great shape. So, what are the best ways to support a healthy heart function?

- Know your numbers like blood pressure, resting and active heart rate, and blood cholesterol levels. A blood test and conversation with your health care provider can show you the big picture and help you learn some steps you can take for optimal heart health.
- Eating a diet high in antioxidants, fiber, and omega 3s
- Get 150 minutes of moderate exercise per week.
- Prioritize adequate sleep.



DID YOU KNOW??

- Your efforts to manage a healthy weight have heart-healthy benefits? Even shedding just a few pounds can help lower blood pressure and reduce strain on your heart and cardiovascular system.