

Love your heart

Your heart is the hardest working muscle in your body

Heart disease has been the leading cause of death for people in America for decades.

We can't control some of our risk factors for heart disease, like age and family history. But there are things we can do to help keep our hearts healthy and strong.

You don't have to make all of these changes at once. You can make a small change, then another and another. Over time these small steps can lead to a big difference for your heart.

Did you know?

Your heart pumps about **2,000 gallons** of blood every day.[1]

[1] American Heart Association. Heart facts infographic. Available at: **https://Newsroom.heart.org/file?fid=59a7145e2cfac2546cae1995**. Accessed August 22, 2022.

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Tips to help keep your heart healthy

Eat a heart healthy-diet

Include plenty of colorful fruits and veggies. Choose lean proteins and whole-grain foods with a lot of fiber.

Be active

Our bodies were made to move. Aim for 150 minutes of moderate-intensity activity each week.

Manage your stress

Find healthy coping strategies that work for you, like spending tim[illegible]th friends and family.

Keep a healthy weight

Talk to your health care provider about what yours is. Balance you[illegible]ories and activity to help you get and st[illegible].

Limit how much alcohol you drink

If you drink at all, keep an eye on how much. Stick to one.

Stay tobacco-free

Smoking puts stress on your heart and raises your risk of a heart attack.

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