Worthington Health Office News:

February Heart Month

DID YOU KNOW?

According to the American Heart Association:

- Cardiovascular disease, which includes heart disease and stroke, is the leading global cause of death
- Totaling 17.9 million deaths each year worldwide and by 2030 that number may reach 23.6 million
- 2,300 American die of cardiovascular disease each day
- The heart is the hardest working muscle in the body averaging 2.5 billion beats across a 70 year lifespan
- The average heart pumps 2,000 gallons of blood through the body in one day
- By making minimal changes to your lifestyle and diet can improve your heart health and decrease the risk of cardiovascular disease as much as 80%

American Heart Association- Heart Month Information

RESOURCES: (American Heart Association)
Heart Disease Prevention Strategies
Definition & Types of Cardiovascular Disease
Understanding High Blood Pressure

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You can make quick changes that can lead to a positive impact on your heart health. Do not get frustrated trying to make life changes all at one time. The following are basic changes that anyone can make:

- **GET MOVING**: Your heart is a muscle & it needs exercise. Go for a walk 3 days a week and build up from there
- **WATCH YOUR STRESS**: Try to find something that helps your body & mind relax. Read a book, meditate, spend time with friends
- **EAT HEALTHY**: Start small. Decrease the extra salt added to meals. Start with one healthy new recipe and add one each week