

# THE HEART OF THE MATTER

The average adult heart beats 72 times a minute; 100,000 times a day; 3.6 million times a year; and 2.5 billion times a lifetime.

*Parramon Studios. Essential Atlas of Anatomy. Hauppauge: Barron's Educational Series, Inc, 2005.*



# 60K

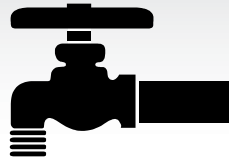
The blood vessels fed by your heart are more than 60,000 miles long.

*Daniels, Patricia, et. al. Body: The Complete Human. Washington, D.C.: National Geographic Society, 2007.*

Every day, the heart creates enough energy to drive a truck for 20 miles. In a lifetime, that is equivalent to driving to the moon and back.



*Avraham, Regina. The Circulatory System. Philadelphia: Chelsea House Publishers, 1999.*



A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.

*Avraham, Regina. The Circulatory System. Philadelphia: Chelsea House Publishers, 1999.*

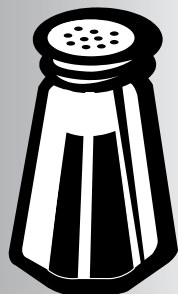
# HANDLE YOUR HEART WITH CARE

- 1 Eat heart-healthy foods
- 2 Exercise
- 3 Maintain a healthy weight
- 4 Don't smoke
- 5 Relax



Studies show that for every hour of walking, life expectancy may increase by two hours.

*The American Heart Association*

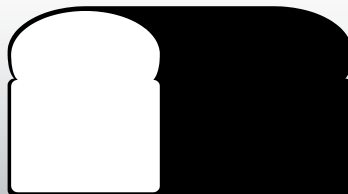


The recommended daily consumption limit of salt is one teaspoon or 2,300 mg. The average American exceeds this amount by consuming an average of 3,700 mg per day.

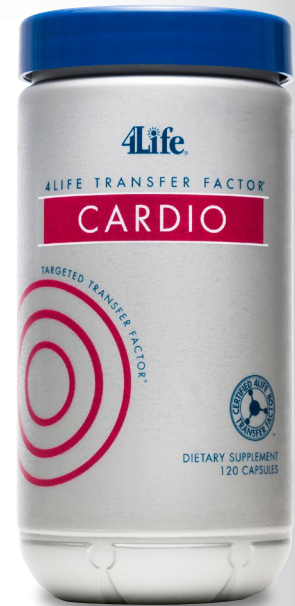
*Centers for Disease Control and Prevention. Morbidity and Mortality Weekly Report. Prevalence of Excess Sodium Intake in the United States - NHANES, 2009-2012.*

Studies have found that individuals who eat three or more servings of whole grain foods per day have a 20-30% lower risk for cardiovascular disease.

*Jensen MK, et al. "Intake of whole grains, bran, and germ risk of coronary heart disease among men. Am J Clin Nutr 80 no. 6 (2004): 1492-9.*



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