



*It's All About Our Hearts!!*



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*As we celebrate the season of hearts, let's put the health of our very own hearts at the top of list. Here are some interesting facts about your heart that may make you think a little about what an important part of our body and our lives that it is. DID YOU KNOW...being physically inactive at the lowest level puts you at a higher risk for heart disease than smoking?!? Yes, that's right! Only about 40% of people are getting enough physical activity. If this is a struggle for you, as you move your heart to the top of your list, start small. Take your dog or child for a walk, get that bike back out and go for a short ride, try some yoga. Every little bit helps and everyone has to start somewhere. If you are already a physically active person, pat yourself on the back and keep up the good work! DID YOU KNOW...sitting is also a risk factor for heart disease?!? Yes! Even if you are exercising regularly, it's still a good idea to decrease your sitting time throughout the day. Take some time to take a walk down the office hallway or a short post-lunch walk. DID YOU KNOW...cardiovascular disease causes up to one death every 37 seconds in the United States?!? WHAT?!? If that doesn't make you want to put your heart at the top of your list, I don't know what will. Here are a few tips to help you maintain and improve your heart...choose minimally processed foods, cut down on salt, balance calories with physical activity, cut back on added sugars and eat a healthy balanced diet. Choose a variety of fruits and vegetables, choose whole grains and include healthy protein sources in diet. May we all have the happiest, healthiest hearts on earth!*

*💕 Make your heart happy, give someone a hug!! 💕*