did you know...

Your circulatory system of blood vessels – arteries, veins and capillaries – is over 60,000 miles long.

That’s long enough to go around the world more than twice!

Find out more facts about your heart, CPR and staying healthy at www.heart.org.

---

did you know...

By the age of 70, the average human heart has beaten more than 2.5 billion times and the heart has pumped about 1 million barrels of blood.

Find out more facts about your heart, CPR and staying healthy at www.heart.org.

---

got a question about heart health?

we’ve got the answers

My Life Check - Take this simple assessment and get a personal heart score and life plan.
heart.org/MyLifeCheck

HeartHub.org - Use the interactive tools to understand your risk, track your blood pressure and get personalized treatment information.

Heart360.org - Use this tool for easy and comprehensive health tracking and management – set your health goals, track your progress and connect directly with your healthcare provider.

BetterU - This free 12-week online nutrition and fitness program can make over your heart: goredforwomen.org

Heart of Diabetes - Provides tools, recipes and a 12-week online exercise and nutrition program specifically designed for people with Type 2 diabetes and insulin resistance.
heart.org/heatofdiabetes.

---

Today’s the day I:

- get active
- eat better
- lose weight
- control cholesterol
- manage blood pressure
- reduce blood sugar

Find out more about Life’s Simple 7 (the seven simple steps towards better heart health listed above) at heart.org/MyLifeCheck.