



Keep Your **Heart** **Beating**

Your heart beats 60 to 100 times a minute, pumping about 2,000 gallons of blood through your body every day. Because it's such an important muscle, you need to take care of your heart. A healthy heart helps make a healthy you; incorporate these actions into your lifestyle to help keep your heart beating strong:

- Eat nutritious food such as whole grains and vegetables
- Increase your physical activity
- Manage your weight
- Reduce your stress
- Quit smoking
- Limit alcohol consumption

Set up regular checkups, and visit your doctor immediately if you have any signs of heart disease.



**COLBURN
GROUP**