

## 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](http://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.

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## 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](http://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 makeover you heart. [goredforwomen.org](http://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/heartofdiabetes](http://heart.org/heartofdiabetes).



## 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](http://heart.org/MyLifeCheck).