HealthCheck 360

YOUR HEART BEATS 60 TO 100 TIMES A MINUTE, PUMPING ABOUT 2,000 GALLONS OF BLOOD THROUGH YOUR BODY EVERY DAY.

KEEP YOUR HEART BEATING

Our heart is one of the most vital organs in our body. It works 24 hours a day, which means it's important to live a heart-healthy lifestyle. Taking care of your heart by eating heart-healthy foods, increasing physical activity, and reducing stress are all ways to minimize your risk of heart disease.

EAT NUTRITIOUS FOODS

A few examples include fatty fish like salmon, tuna, and trout, leafy green vegetables like spinach and kale, and whole grains like brown rice, rye, and oats.

INCREASE ACTIVITY

Keep your heart healthy by increasing your physical activity. Regular exercise helps burn calories, lower your blood pressure, reduce LDL cholesterol, and boost your HDL cholesterol.

REDUCE STRESS

Stress on a regular basis can increase your blood pressure, heart rate, and respiratory rate, increasing your risk of heart disease. Try stress-reducing meditation to help relax.