

Thrive



FEBRUARY 2024

WHAT YOUR HEART DOES FOR YOU

Your heart is a muscle about the size of your fist. It works constantly throughout your life. It beats approximately 100,000 times a day, about 35 million times a year and 2.5 billion times in an average lifetime.

THERE ARE FOUR MAIN FUNCTIONS OF THE HEART. EACH HEARTBEAT:

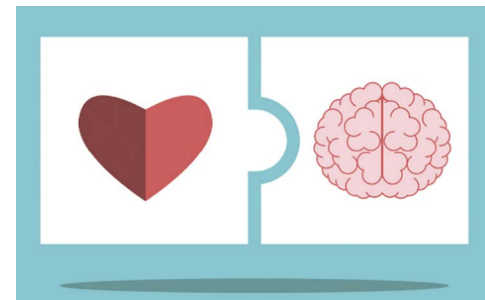
- Pumps oxygenated blood throughout the body and all the cells.
- Pumps hormones and other vital substances to different parts of the body.
- Receives deoxygenated blood and carries metabolic waste products from the body and pumps it to the lungs for oxygenation.

HEART BRAIN CONNECTION

Healthy Hearts ensure that blood and oxygen reach the parts of the brain most responsible for memory.

Cardiovascular conditions, including high cholesterol, diabetes, hypertension and heart disease, have been shown to increase the risk of developing Alzheimer's disease.

There is also communication between the heart and the brain that is a dynamic, ongoing, two-way dialogue with each organ continuously influencing the other's function.



HOW CAN WE HELP OUR HERO?



NUTRITION

- Decrease processed foods and consume more fruits and vegetables.
- Eat plant-based, healthy fats such as nuts, seeds and avocados. Don't forget the chocolate – dark chocolate has antioxidants that increase good cholesterol, which lowers bad cholesterol.

MOVEMENT

- Get moving – your heart is a muscle and exercise strengthens it.
 - » The recommendation is 150 minutes a week or 30 minutes a day.
 - » Start slow and build up, such as 10 minutes three times a day or 15 minutes twice a day.
- Get up and move from your desk every 30 minutes to an hour for 2-3 minutes.

PHYSICAL HEALTH

- Tobacco cessation – call the Tobacco Quitline at **800-662-4357**.
- Check blood pressure regularly.
- Brush your teeth every day and don't forget to floss.
- Get at least 7-8 hours of good restful sleep.
- Try not to overeat as this can cause faster and irregular heart rhythms that may lead to a heart attack.

MANAGE STRESS

- 75-90% of why we go to the doctor is related to stress.
- Chronic stress is associated with increased cardiovascular events.

PARTICIPATE IN THRIVE PROGRAMS

STRESSSTOP

WALKING CLUB

RECREATION LEAGUES

BREAK TIME

AM I HUNGRY?
MINDFUL EATING
PROGRAM

FOR THE HEALTH OF
IT: BECAUSE YOU CAN
- THRIVE'S HEALTH
AND WELLNESS
PODCAST

For information on these programs, visit [Thrive's website](#).

RESOURCES

[Your Head and Your Heart: Understanding the Connection](#)

[7 powerful ways you can strengthen your heart](#)

[Risk Factors for Heart Disease: Don't Underestimate Stress](#)

[The Ten Ways to Improve Your Heart Health](#)

[Seven Ways to Make Your Heart Stronger](#)