

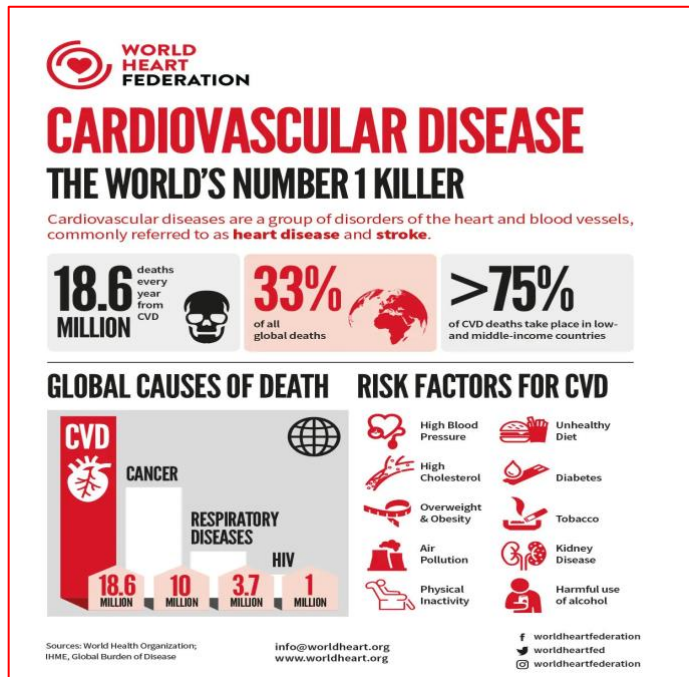
# February is Heart Health Month

**"Roses are red and so is my hair. Here's to our heart so let's take good care!" Coach Wendy**



**Welcome to February.** A special month, in February we hear from Punxsutawney Phil about how long winter will be. We think of our loved ones on Valentine's Day. And don't forget in February we honor our U.S. presidents. But I digress. This newsletter is dedicated to the most important organ in our body, our heart. Spending time with each of you I know you all have big hearts. But are they healthy? In this edition you'll find important information about our heart. Ninety percent of heart health is under our own control. We have the power within us to prevent being a statistic, so let's make small changes every day for a better heart. If you spend a great deal of time sitting, make a point to get up and move around. Even 10 minutes can make a difference. Our heart requires constant oxygen from blood vessels, so the more we do to keep it healthy, the better overall our quality of life! At the office? Step outside, go chat with a colleague, or take the stairs instead of the elevator. At home? Throw a load of laundry in, walk around the house or take the dog for a walk. Your heart will be happy you did something to keep it stimulated. Our heart is the organ that pumps blood throughout our body, including our brain, of course,

so you are sure to find you'll be more productive after that little stroll. ☺ Retired? Just running errands, cleaning, or playing with grandchildren, are ways to keep active. And here's one for you. Laughing can improve heart health by lowering stress and relaxing blood vessels! **Here's to our heart!**



## Heart Trivia

- ♥ Each minute the heart pumps 5 liters of blood
- ♥ The heart beats between 60-80 beats per minute; 100,000 times per day
- ♥ The heart weighs between 9-12 oz and is the size of an adult fist
- ♥ The first open-heart surgery was performed in 1893 in Chicago by [Daniel Hale Williams](#)
- ♥ The first pacemaker was implanted in 1958
- ♥ Arteries are ~ 4 mm in diameter

Heart attacks and strokes are mainly caused by a blockage that prevents blood from flowing to the heart or brain. Behavioral risk factors of heart disease and stroke are an unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol.

**"If you took a magic wand and waved it and suddenly eliminated high blood pressure from the U.S. population, there would be 60% fewer strokes."** Dr Anthony Kim, Univ of CA, San Fran Stroke Center

For more information about heart health, visit the links below:

**American Heart Association:**

<https://www.heart.org/en/healthy-living>

**Office of Disease Prevention and Health Promotion:**



**Our life depends on this incredible organ to do its job 24/7, so take good care of it! Eat well and keep moving!**

**"Fitness isn't just a hobby; it's a lifestyle that fortifies your entire existence!" Dr. Jonathan Mike**



**ABOUT Coach Wendy:** Wendy is passionate about helping others achieve their very best. She is a certified fitness and nutrition coach through the National Academy of Sports Medicine and works with clients of all ages and abilities at the LA Fitness Signature Club in Niles, IL. Wendy retired from the U.S. Navy as a captain in March 2022, holds a bachelor's degree in mathematics and a master's degree in communication. She is married and lives in Chicago.