



# 3 Days 'til Go Red!

## National Wear Red Day

### Friday, February 4th

#### EVERY LITTLE BEAT OF YOUR HEART

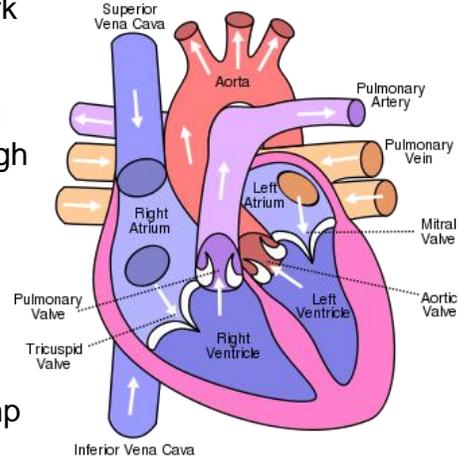
The **KEYS TO HEART HEALTH** start with knowing just how important and unique your heart is and how it works.

It's an amazing fist-sized muscle that beats about **70** times a minute, **100,00** times a day and about **2.5 BILLION** times during an average lifetime. It doesn't matter what you're doing physically or mentally, your heart is programmed to work automatically every second of every day. It **NEVER** rests!

It's your heart's job to deliver blood to most organs that would die without it. There are **6** quarts of blood that circulate through your body **3** times every minute. In **1** day, your blood travels **12,000** miles or **4** times the distance across the U.S. coast to coast!

It takes a pretty strong muscle to accomplish this! How strong? If you give a tennis ball a good hard squeeze, you're using about the same amount of force your heart uses to pump blood. Even at rest, the muscles of the heart work hard . . . **2** times as hard as the leg muscle of a person sprinting!

That's why it's important for you to key in on what you need to do to keep this powerhouse healthy!



The Medical  
Center of Plano