

# HEART FACTS

**THE HEART IS SMALL BUT MIGHTY – IT WOULD TAKE A KITCHEN TAP 45 YEARS TO RUN THE AMOUNT OF LIQUID THE HEART PUMPS IN A LIFETIME.**

Keeping your heart healthy is vital, and with one in five UK deaths caused by heart disease, it's more important than ever to live healthier, more active, lives.



## THERE ARE PLENTY OF WAYS TO HELP THE HEART STAY FIT, INCLUDING:

**Exercise** – around 150 minutes per week, from walking to cycling, swimming or tennis.

**Quit smoking** – after a year of quitting smoking, the risk of a heart attack falls by over 50%.

**Eat a healthy, balanced diet** with plenty of fruit and vegetables. Look out for GDA (Guideline Daily Allowance) on food packaging and try to limit the amount of sugar, salt and saturated fat you have a day.

**Oily fish** is full of omega 3 and helps prevent heart disease – try fresh salmon, mackerel or sardines once a week.

**Watch your alcohol** and keep track of your unit intake.

**De-stress** by going for a walk which helps you keep active and puts less pressure on your heart.

**EVERY DAY, THE HEART CREATES ENOUGH ENERGY TO DRIVE A TRUCK 20 MILES.**

IN A LIFETIME, THAT'S EQUIVALENT TO DRIVING TO THE MOON AND BACK. THAT'S AN IMPRESSIVE MOTOR.



**KNOW  
YOUR  
FOOD**