



# Back Door Reading From your Health Ministries



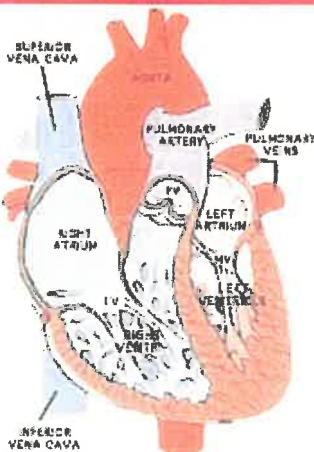
## Heart Health

Your heart beats about 100,000 times a day!



### To make your heart sad:

- ♥ Eat lots of saturated fats and cholesterol.
- ♥ Stay away from fruits and vegetables.
- ♥ Smoke tobacco.
- ♥ Be overweight.
- ♥ Never exercise if you can help it!
- ♥ Worry a lot!



Even at rest, your heart muscle works twice as hard as the leg muscles of a person sprinting!



Your heart—love it or leave it!

### To make your heart glad:

- ♥ Eat healthy foods.
- ♥ Gets lots of exercise.
- ♥ Watch your weight.
- ♥ Don't smoke.
- ♥ Use prayer, meditation, love of others to reduce stress!



The King of Hearts in a deck of cards represents Charlemagne



Someone in the US has a heart attack

Live Low, Live long!  
Blood Pressure,  
Weight, Cholesterol

Don't be broken-hearted!



The heart of the giraffe is two feet long and weighs up to 24 pounds!



### Symptoms of a Heart Attack:

- ♥ Chest or mid-back pain, which may spread to one or both arms, the neck, or jaw. In women, pain is more variable.
- ♥ Feeling clammy or sweaty.
- ♥ Shortness of breath
- ♥ Headache
- ♥ A feeling of impending doom!



### What to do:

- ♥ If pain lasts more than a few minutes, call 911.
- ♥ Sign up for a class to learn CPR and the AED. You may save the life of a loved one!
- ♥ Prevention is less costly, a lot easier, and much more pleasant than treatment!