

Did You Know!?



The heart pumps all of the body's blood through over 60,000 miles of blood vessels in three minutes.

Heart rate is the measurement of how fast the heart beats.

Read more: [Heart Rate Facts | eHow.com](#)

Be Heart

SMART!



-- Stop smoking! It's one of the best things you can do for your heart - not to mention the rest of your body.

-- Maintain a healthy weight. Eat a diet low in saturated fat and cholesterol.

-- Activity is important. Get regular exercise to strengthen your heart.

-- Reduce stress. Life's too short to worry about everything.

-- Talk to your doctor. He/she is your partner in building and maintaining a healthy heart.

Life's Simple

Heart Health Factors:

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1. Get Active
2. Control Cholesterol
3. Eat Better
4. Manage Blood Pressure
5. Lose Weight
6. Reduce Blood Sugar
7. Stop Smoking



For more information on living life with a healthy heart, visit www.heart.org

Healthy Heart Month



February 2011

Provided for you by:
**The Wellness Committee of
Alcoa Architectural Products
Eastman, Ga.**

It ALL 
Adds

Know your nutrition!

1. Look at the serving size and number of servings in the package.

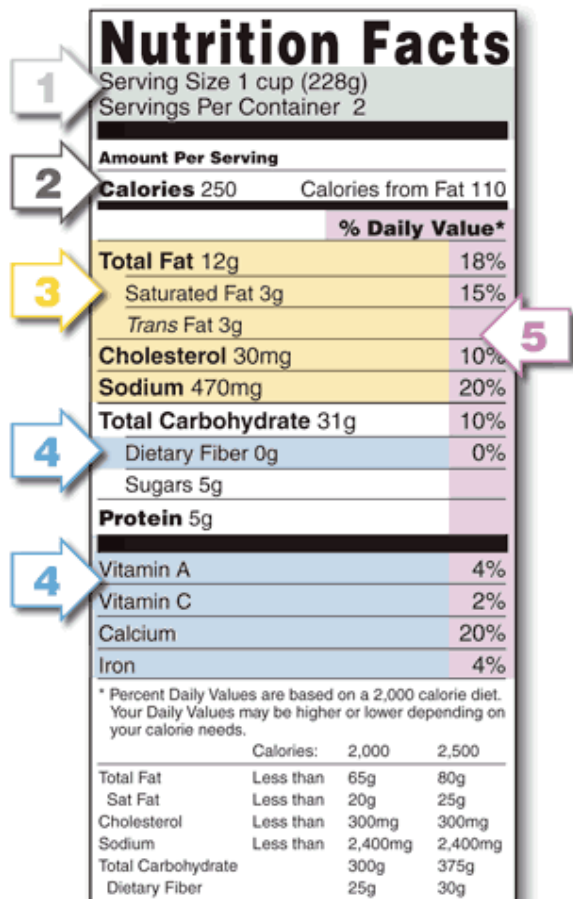
Tip: Ask yourself, "How many servings am I eating?"

2. Look at the number of calories in one serving.

3. Compare the amount of fat, saturated fat, cholesterol and sodium to the total amount recommended (see information at the bottom of label or % Daily Value). Try to minimize trans fat in your diet.

4. Check the amounts of dietary fiber, vitamin A, vitamin C, calcium and iron. Getting enough of these nutrients in your diet may lower your chances of developing some diseases/conditions.

5. Check out the % Daily Value. Food labels list percentages of the recommended daily intakes of several nutrients. The numbers are based on a 2,000-calorie diet and are used for adults who are 18 years or older.



Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

What's Your Score?



Understanding Blood Pressure Readings

What is the Average Blood Pressure Range for Your Age?

From	To	Average	Minimum	Maximum
15	19	117/77	105/73	120/81
20	24	120/79	108/75	132/83
25	29	121/80	109/76	133/84
30	34	122/81	110/77	134/85
35	39	123/82	111/78	135/86
40	44	125/83	112/79	137/87
45	49	127/84	115/80	139/88
50	54	129/85	116/81	142/89
55	59	131/86	118/82	144/90
60	64	134/87	121/83	147/91

-Less than 130/Less than 85 – Normal blood pressure

-130-140/85-90 –

Borderline high blood pressure

-140-160/90-100 – Mild Hypertension

-160-180/100-110 – Moderate Hypertension

-180-210/110-120 – Severe Hypertension

-Above 210/Above 120 –

Very Severe Hypertension

Chart and information:

<http://www.ag.ndsu.edu/pubs/yf/foods/fn1404.htm>