Keep your
HEART
Beating

Your heart beats 60 to 100 times a minute, pumping about 2,000 gallons of blood through your body every day. Because it's such an important muscle, you need to take care of your heart:

- Eat nutritious food such as whole grains and vegetables
- Increase your physical activity
- Manage your weight
- Reduce your stress
- Quit smoking
- Limit alcohol consumption

Set up regular checkups, and visit your doctor immediately if you have any signs of heart disease.

Provided by: Clarke & Company Benefits, LLC

2422 Devine St.; Suite B

Columbia, SC 29205

Tel: 803-253-6997