



February is American Heart Month!

American Heart Month is the perfect time to commit to taking better care of your heart! A strong heart is essential to a long, active life and even modest lifestyle adjustments can keep your heart healthy.

Check These Heart-Healthy Items Off of Your To-Do List...Every Day

- **Eat Smart.** Certain foods may give your heart a boost. Bring more veggies and fruits to the table, then pair them with lean meats and whole grains. Check into the [DASH diet](#) or [Mediterranean diet](#) to help create a healthy eating style for life.
- **Get Moving!** Find your favorite way to get active, like taking a brisk walk outside or a dip into an indoor or outdoor pool (depending on the time of year!). With 2.5 hours of moderate exercise a week, you may start to see positive changes! Don't forget to check with your doctor if you're new to exercise.
- **Stop Smoking.** Smoking may raise your blood pressure or make your heart beat faster or irregularly...increasing your risk of possible heart attack or stroke. If you're looking for resources to help you quit, call Quit for Life at **866-QUIT4LIFE** or visit quitnow.net to start this FREE program.

Hypertension Resources through Livongo

High blood pressure can cause harm by increasing the workload to the heart and blood vessels. If you suffer from hypertension, you have access to the Livongo Hypertension Management Program to help you manage your condition.

With Livongo, you'll get a smart blood pressure monitor, a step-by-step personalized action plan based on your goals, tips on nutrition, activity and more and one-on-one support from expert coaches – all to help you take charge of your health!

Get started today! Call **800-945-4355** or visit get.livongo.com/TOYODAGOSEI/register.



Did You Know These Interesting Heart Facts?

Heart health is an important topic that affects everyone. Here are some unusual and fascinating facts about your most vital organ to keep in mind during your next trivia competition:

- Your heart beats about **100,000 times per day**. During the average person's lifetime, their heart beats more than **2.6 billion times**.

- The beating sound from your heart is from the clap of valve leaflets opening and closing.
- Each minute, your heart pumps nearly **1.5 gallons** of blood. That's a pump flow rate that could fill an Olympic-sized swimming pool in less than a year.
- Blood pressure in the heart can squirt blood over **30 feet!**
- When resting, it takes **6 seconds** for blood to travel from your heart to your lungs and back again, **8 seconds** to go to the brain and back and **16 seconds** to go to your toes and back.
- If you were to stretch out your blood vessel system, it would extend over **60,000 miles**.

Want More Details About Your TG Benefits?

Be sure to visit our benefits website, tggroupproducts.com (password: TGNA; location: United States).

There, you'll find helpful information about all your benefits.