

# Heart Week

1 – 7 MAY 2023



## Daily heart health checklist

- Drink 8+ cups of water
- Walk 5,000+ steps
- Sleep for 8+ hours a night
- Eat 2+ pieces of fruit
- Eat 5+ vegetables
- Drink 2 or less coffees
- Drink no energy drinks
- Participate in 30+ minutes of outdoor activity
- Find 5+ reasons to smile

## Common signs and symptoms of heart issues

- Chest pains
- Heart palpitations (fluttering of the chest)
- Upper body discomfort
- Shortness of breath
- Swelling of neck veins
- Dizziness/nausea
- Extreme fatigue

DON'T *skip* A BEAT!

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