



Are You Taking Care of Your Heart?

February is Heart Health Month. A good time to ask yourself: Your heart takes care of you, but are you taking care of your heart?

Your heart beats more than
100,000 times per day



Can you believe it? On average, your heart beats 100,000 times each day, probably more! This number assumes your heart beats about 70 times per minute, or just over **4,000 times per hour per day**. If your average heart beats per minute is higher, then your heart beats more than 100,000 times/day!

What are you doing to control your heart rate and decrease your risk for heart disease?

One way to check yourself is to measure your 'belly fat'. Even if you have a 'normal weight' but you have excessive belly fat, you are at risk for heart disease.

To find out if you have excess belly fat, use a tape measure to get your waist-to-hip ratio.

1. Measure around your waist at its **smallest point**, which is usually just above your belly button (navel).
2. Measure around your hips at their **widest part**.
3. To get your ratio, divide your waist measure by your hip measure. $\text{Waist} \div \text{Hip} = \text{Ratio}$:
Normal for a man is 0.9. For a woman, normal is .85.



You are increased risk for heart disease if:

You are a man and your ratio is greater than **0.9**

Example: If your waist is 42 inches and your hips are 38 inches, divide 42 by 38 = 1.1 ($42 \div 38 = 1.1$) Your ratio is more than 0.9 so you are at risk.



You are a woman and your ratio is greater than **.85**

Example: If your waist is 35 inches and your hips are 30 inches; divide 35 by 30 = 1.16. ($35 \div 30 = 1.16$) Your ratio is more than .85; You are also at risk.

Losing weight by eating healthier and exercising regularly are the best ways to take care of your heart and how fast it beats...decrease your belly fat and decrease your risk for heart disease.

Take care of your heart and it will take care of you!



See the Nurses of Wise Health Decisions® to talk about what to do to take care of your heart.

Resources:

<https://www.healthline.com/health/waist-to-hip-ratio>

