



CELEBRATE HEART HEALTH

Did you know that every day your heart beats about 100,000 times and sends 2,000 gallons of blood through your body? About the size of your fist, your heart has the incredible job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. Any damage to the heart or its valves can reduce that pumping power, forcing the heart to work harder just to keep up with the body's demand for blood.

Heart disease is a class of diseases that involve the heart, the blood vessels or both. The causes of heart disease are diverse but atherosclerosis or hypertension are the most common. Additionally, with aging come a number of physiological and morphological changes that change cardiovascular function and lead to subsequently increased risk of cardiovascular disease, even in healthy individuals.

Consider these five tips to support your heart health:

1

Eat healthy, well-balanced meals and exercise a minimum of 150 minutes per week.

2

Don't smoke, keep your blood pressure and cholesterol levels in check, and have regular doctor visits to maintain good health.

3

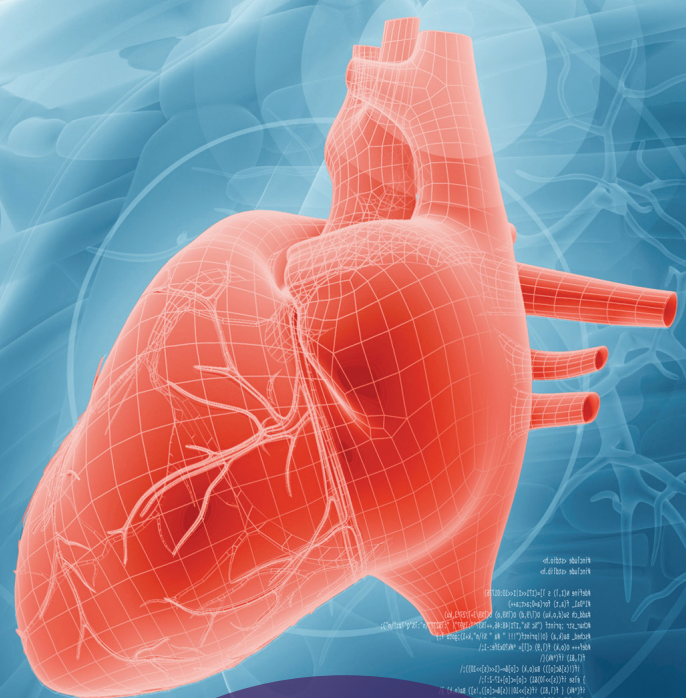
A good laugh can send 20% more blood flowing through your entire body. When you laugh, the lining of your blood vessel walls relaxes and expands - so have a good giggle. Your heart will thank you.

4

Reduce your stress levels as much as you can. Practice yoga, meditate, walk daily, laugh (see tip No. 3), or spend more quality time with your family.

5

If you find it difficult to have sex, that could be a red flag that something is wrong with your heart. Research indicates a healthy love life equates to good overall health. Discuss this with your doctor to understand any underlying issues.



Sweet Spiced Carrot Cake



INGREDIENTS

- 2 cups flour
- 2 cups granulated sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 2 eggs
- 1.5 cups olive oil
- 2 cups finely grated carrots
- 2 teaspoons vanilla
- 1/2 cup chopped nuts

INSTRUCTIONS

1. Heat the oven to 350 degrees F.
2. Grease and flour a 9" x 13" x 2" baking pan.
3. In a mixing bowl, combine the flour, sugar, salt, baking soda, cinnamon, and nutmeg; stir to blend thoroughly.
4. Add the eggs, vegetable oil, shredded carrots, and 2 teaspoons of vanilla; beat until well blended.
5. Stir in the 1/2 cup of chopped nuts.
6. Pour the batter into the prepared baking pan.
7. Bake in the preheated oven for
8. 45 to 55 minutes, or until a wooden pick or cake tester inserted in center comes out clean.
9. Place the pan on a rack to cool completely.

