



# Chiropractic Newsletter

## Your Amazing Body

### Love Your Heart This February

Happy February, kids! This month is all about love, and what better way to celebrate than by showing some love to one of the most important parts of your body—your heart! Your heart is AMAZING, and it works hard every single day to keep you alive and full of energy. Let's explore all the incredible things your heart does and learn how to take care of it so it can stay strong for a lifetime.

#### Your Amazing Heart

Did you know your heart is a muscle? It's about the size of your fist, and it works not only like a pump but also as a vortex, creating a spiral motion that helps move blood efficiently through your body. Your heart beats about 100,000 times every single day—that's like clapping your hands non-stop all day and all night, for 24 hours! This blood carries oxygen and nutrients to all the parts of your body, giving you energy to play, think, and grow. The blood your heart pumps travels through miles and miles of blood vessels—enough to circle the Earth more than twice if stretched out. Isn't that incredible?

#### Ways to Love Your Heart

Just like you show love to your family and friends, you can also show love to your heart by keeping it healthy and strong. Here are some fun and easy ways to take care of your heart:

- **Get Moving:** Exercise makes your heart happy! Whether you're playing soccer, dancing, or just running around outside, moving your body helps your heart stay fit and strong.
- **Eat Heart-Healthy Foods:** Your heart loves foods

like fruits, veggies, nuts, and whole grains. Try snacking on apples, carrots, or a handful of almonds to give your heart the nutrients it needs.

- **Stay Hydrated:** Drinking water helps your heart pump blood more easily. Keep a water bottle handy and sip throughout the day.
- **Take Deep Breaths:** Sometimes your heart beats faster when you're excited or nervous. Taking deep breaths can help calm your heart and make you feel relaxed.
- **Share Kindness:** Did you know that feeling happy and loved can also help your heart? Spend time with people who make you smile and share kindness wherever you go.
- **Get Adjusted by Your Chiropractor:** Your heart doesn't just rely on blood and oxygen—it's also connected to your nervous system. Regular chiropractic adjustments can help your nervous system work its best, improving communication between your brain and your heart. This connection supports a healthy balance between activity and relaxation, keeping your heart strong and your body in harmony.

#### Fun Facts About Your Heart

- Your heart starts beating before you're even born and keeps going your whole life.
- Laughter makes your heart smile! It relaxes your blood vessels and improves blood flow.
- When you exercise, your heart gets stronger, just

like your other muscles.

- A healthy heart can pump about 1.5 gallons of blood every minute. That's a lot of hard work!

### Celebrate Your Heart This Month

Since February is all about love, it's the perfect time to appreciate your heart and all the AMAZING things it does for you. Try making a Valentine's Day card for your body. Write down all the things you're grateful for, like your strong legs, clever brain, and, of course, your hardworking heart. Place your hand on your chest and say 'Thank you!' to your heart for all it does

for you.

Remember, taking care of your heart helps it take care of you. Every healthy choice you make - like eating good food, staying active, getting enough sleep, and getting adjusted - helps your heart - and body - stay strong and happy. So this February, show your heart some extra love and keep being the AMAZING you that you are!

Happy Valentine's Day!

—Mackenzie McNamara, DC

