

Step Up For Your Heart

Keeping your heart healthy is important for your overall health. Your heart health can have a strong impact on how long you live and your quality of life, as your heart is the main organ that keeps your body running. Your heart pumps blood through your body to give your tissues and organs the oxygen and nutrients they need to function properly. A healthy heart ensures that this can happen! When your heart is healthy, it can do this job efficiently to make sure that your body's needs are met. But when heart health is compromised, it can have consequences for your entire body and overall health.

Your heart is responsible for:

- **Oxygen and nutrient delivery.** Your heart pumps blood that brings oxygen and nutrients to your cells. This helps them work and stay healthy.
- **Waste removal.** It also helps remove waste products from your body by transporting them to organs like the kidneys and liver for processing and elimination.

Poor heart health can lead to a range of serious health issues, including:

- **Heart disease.** Diseases like coronary artery disease (CAD), heart failure and irregular heartbeats can greatly affect your quality of life and life expectancy.
- **Stroke and cognitive decline.** Less blood flowing to the brain can cause a stroke or cognitive decline. This can affect your mental ability and independence.
- **Kidney disease.** The kidneys rely on a healthy blood supply to function properly. Poor heart health can lead to kidney disease or exacerbate existing kidney issues.
- **Reduced physical capability.** Heart problems can make it harder to do physical activities. This can make you feel less fit and healthy.

Maintaining good heart health is essential for preventing these and other related health issues. By prioritizing heart health, you're not just protecting your heart — you're supporting your overall health and enhancing your quality of life.

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