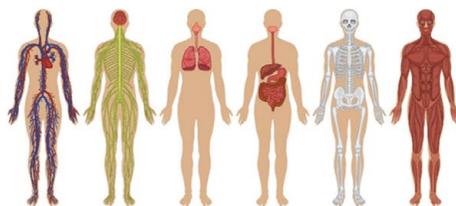




Blood CIRCULATION & PREDIABETES

What YOU Need to Know



BLOOD. It's a topic more likely discussed after the latest vampire movie than at the doctor's office. But with Prediabetes, your blood—and your blood sugar—have earned a starring role in your health conversations. So how much do you know about your blood circulation? Prepare to be amazed.

Blood:

- Includes 5-6 quarts of fluid per human body
- Performs as a mind-blowing highway of oxygen and nutrients to keep us healthy
- Sweeps up carbon dioxide and lactic acid as it circulates, working as a “garbage collector” to remove metabolic waste

Blood Vessels:

- Include 60,000 miles of arteries, capillaries, and veins, which could wrap around the circumference of the earth if they were stretched out end-to-end
- Carry our blood from the heart to every cell in the body and back (in a full loop)—EVERY 60 SECONDS
- Increase in efficiency and flexibility with exercise

Heart:

- Pumps the blood through the blood vessels to deliver nutrients for every cell in the body, including the brain, organs, tissues, and bones
- Contracts and relaxes more than 80 times per minute
- Increases in efficiency, size, and strength with exercise

Lungs:

- Expand about 23,000 times per day as we breathe
- Provide oxygen for the blood to carry throughout the body
- Increase in efficiency with exercise

Stomach:

- Absorbs nutrients from our food through capillaries
- Makes nutrition available for delivery by the blood throughout the body
- Increases in efficiency with exercise and healthy food choices

Liver:

- Uses blood and bile to detoxify the body by filtering waste
- Increases in efficiency with exercise

Lymph System:

- Works as part of the circulatory and immune systems
- Moves lymph fluid containing waste products, pathogens, toxins, and cancer cells from the tissues into the bloodstream for removal
- Struggles to operate effectively when lymph fluid doesn't drain
- Increases in efficiency with exercise (even jumping on a mini-trampoline for 10-15 minutes each day can help to drain lymph fluid!)

The moral of the blood-circulation story? **You guessed it!**

GET MOVING
for better blood health.

