

MY HEALTH QUEST

MEGA HEART CONTENT

February 2016



[FACEBOOK: EVENT PAGE]



Walk through a human heart and see how it works! The MEGA Heart inflatable exhibit will be inside the [TAG: Poughkeepsie Galleria] for a one-day event on February 19. Learn all about how your heart beats and why taking care of it is so important. The event will also offer:

- Complimentary chair massages
 - Jump rope station with prizes
 - “Ask the Pharmacist” medication review
 - Beginner’s CPR class
 - “Is Your Heart Healthy?” quiz
- (Not all offerings will be available from 11-6 p.m.)

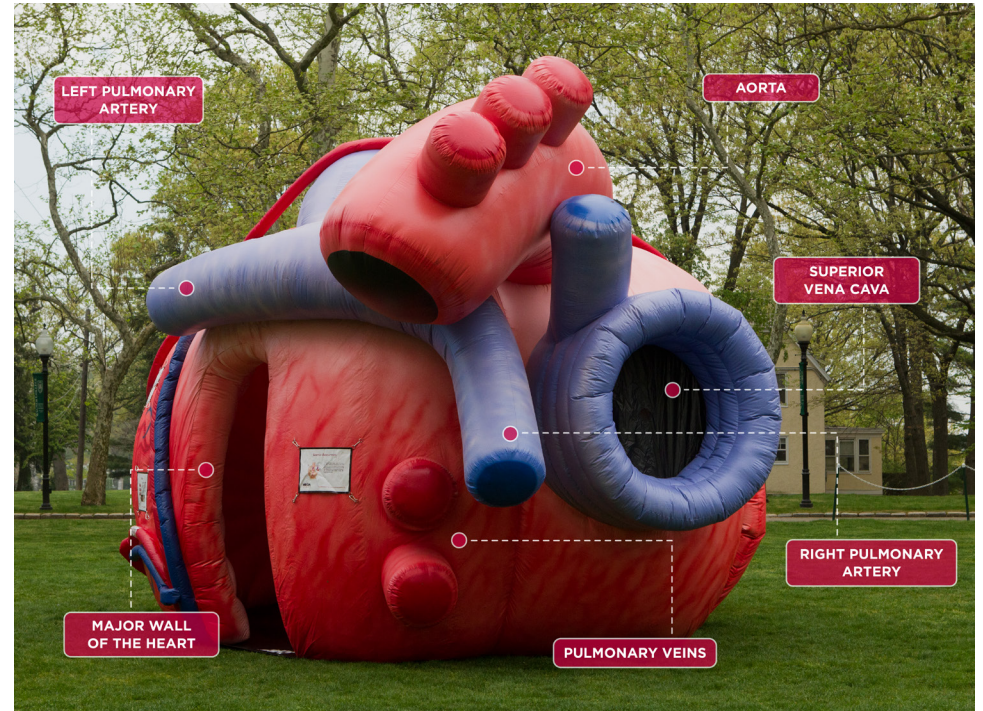
The MEGA Heart is the world’s only interactive, walk through heart exhibit. At 25 feet long, 15 feet wide and 13 feet high, it is large enough for you to enter and explore. Learn more about this event by visiting [\[insert event page link\]](#) or emailing MEGAHeart@health-quest.org.

[We will promote this Facebook event page as an ad.]

[FACEBOOK: PROMOTED POST]

The average heart weighs about 11 ounces and is a little larger than the size of your fist. The MEGA Heart inflatable is 25 feet long, 15 feet wide, 13 feet high and large enough for you to enter!

The MEGA Heart will be inside the [TAG: Poughkeepsie Galleria] for a one-day event on February 19. Come explore the world's only interactive, walk through heart exhibit! [\[link to Facebook event page\]](#)



[FACEBOOK: PROMOTED POST]

Walk through a human heart and see how it works!

Visit the MEGA Heart inflatable for a one-day event at the [TAG: Poughkeepsie Galleria] on Sunday, Feb. 19.

Learn all about how your heart beats and why taking care of it is so important, with lots of fun activities planned for the day!

Get more information on the MEGA Heart: [\[link to Facebook event page\]](#)



[FACEBOOK: PROMOTED POST]

Your system of blood vessels – arteries, veins and capillaries – is more than 60,000 miles long. That's more than enough to go around the world twice!

Go inside your heart on Feb. 19 at [TAG: Poughkeepsie Galleria] with the MEGA Heart inflatable: [\[link to Facebook event page\]](#)



[FACEBOOK: EVENT PAGE POST]

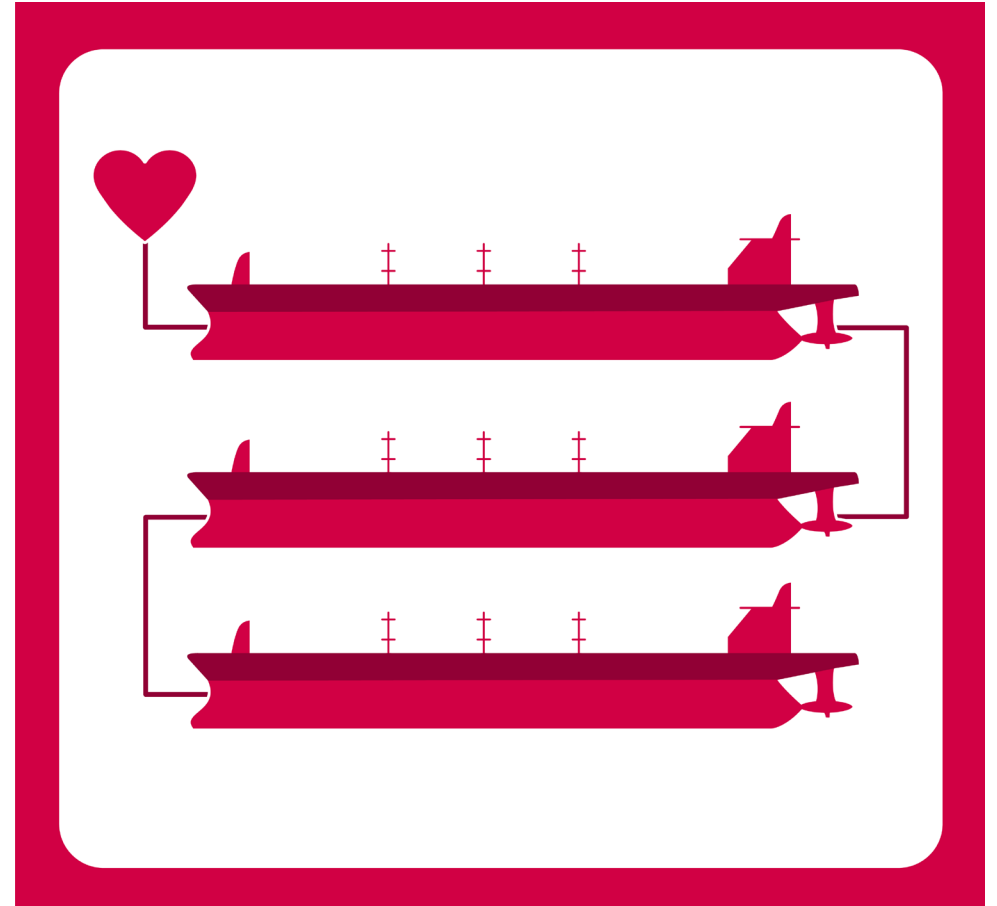
Your heart is an amazing organ. Discover how it works from the inside out with the MEGA Heart inflatable exhibit on Feb. 19 at the [TAG: Poughkeepsie Galleria].



[FACEBOOK: EVENT PAGE POST]

In an average lifetime, your heart pumps enough blood to fill more than 3 super tankers!

Want to learn more about your heart? Visit the [TAG: Poughkeepsie Galleria] on Feb. 19 to explore the world's only interactive, walk through MEGA Heart exhibit!



[FACEBOOK: EVENT PAGE POST]

The wall of your heart is where your heart's blood vessels are located. These blood vessels bring it much-needed oxygen. Get a closer look at your heart on Feb. 19 at [TAG: Poughkeepsie Galleria] with the world's only interactive, walk through heart exhibit.



[FACEBOOK: EVENT PAGE POST]

Did you know that the “thump-thump” of a heartbeat is the sound made by the four valves of the heart closing? When the heart pumps, the blood moves forward and the tricuspid valve opens. When the heart pumps again, it closes and keeps the blood from moving backward.



FACTS ABOUT YOUR

MEGA HEART



THE HEART HAS
THE ABILITY
TO BEAT OVER
3 BILLION
TIMES IN A
PERSON'S LIFE.

FACTS ABOUT YOUR

MEGA HEART



CATCH THOSE ZZZ'S!
PEOPLE WHO DON'T
GET ENOUGH SLEEP
HAVE A HIGHER RISK
OF **OBESITY, HIGH
BLOOD PRESSURE,
HEART ATTACK,
DIABETES AND
DEPRESSION.**

[INSTAGRAM: PROMOTED POST]

Walk through a human heart and learn how it works!

Come visit the #MEGAHeart inflatable exhibit at the

[TAG: poughkeepsie_galleria] on Sunday, Feb. 19.



[INSTAGRAM: STORY]

Tomorrow at [TAG: poughkeepsie_galleria]:

Walk through a human <3!

[event link in bio]



[TWITTER: PROMOTED TWEETS]

Walk through the #MEGAHeart inflatable exhibit @pokgalleria on 2/19! Explore how the human heart works. [\[link to Facebook event page\]](#)

#MEGAHeart is the world's only interactive, inflatable, walk through heart exhibit. Check it out @pokgalleria on 2/19! [\[link to Facebook event page\]](#)

#MEGAHeart, the largest inflatable heart exhibit on the planet, will be at @pokgalleria on 2/19! [\[link to Facebook event page\]](#)

Visit @pokgalleria on Sunday 2/19 to walk through the world's only inflatable #MEGAHeart exhibit! [\[link to Facebook event page\]](#)



[MORE: HEART FACTS]

Your heart is the hardest working muscle in the body. It beats about 100,000 times daily and sends 2,000 gallons of blood through your body. #MEGAHeart

The heart has the ability to beat over 3 billion times in a person's life. #MEGAHeart

Your heart is in the middle of your chest, though it feels like it's tilted to the left because the largest part of your heart is on the left. #MEGAHeart

Women's hearts beat faster than men's hearts – about 8 beats per minute faster. #MEGAHeart

You're more likely to have a heart attack on Monday morning than at any other time of the week. #MEGAHeart

[MORE: PARTS OF THE HEART]

The heart beats faster during exercise because the body needs more oxygen-rich blood. #MEGAHeart

Blood clots and plaque can narrow your heart veins, which constricts the flow of oxygen-rich blood. #MEGAHeart

Blood clots in the heart can travel to the brain, kidneys, lungs and limbs, which in turn can cause heart attack, stroke, damage to the body's organs or even death. #MEGAHeart

The red blood vessels of your heart are the arteries, while the purple/blue vessels are veins. #MEGAHeart

[MORE: PREVENTION TIPS]

Make sure to move every 1-2 hours! When you're stuck in the same position for a long time, blood can pool in your legs and create a clot. #MEGAHeart

Incorporate a heart healthy diet, like the Dietary Approaches to Stop Hypertension (DASH) eating plan and the Mediterranean diet. #MEGAHeart

Catch those zzz's! People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression. #MEGAHeart

Reduce your stress and anger. These conditions raise your blood pressure and put your heart in danger. Try five minutes of meditation or a soothing bath. #MEGAHeart

Do one healthy thing every day. Take the stairs at the train station, swap a candy bar for a piece of fruit, drive in the slow lane on your commute home from work. #MEGAHeart