



Sources: CDC and American Heart Association



Consider these wellness tips to start making lifestyle changes to improve your heart health:

- > Eat nutritious whole foods (e.g., beans, nuts, fruits & veggies)
- > Exercise regularly
- > Maintain a healthy weight
- > Limit alcohol use
- > Quit smoking

> Heart health

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Instructions:

- 1 Fold in half.
- 2 Fold on dotted lines at each end.
- 3 Tape at bottom.