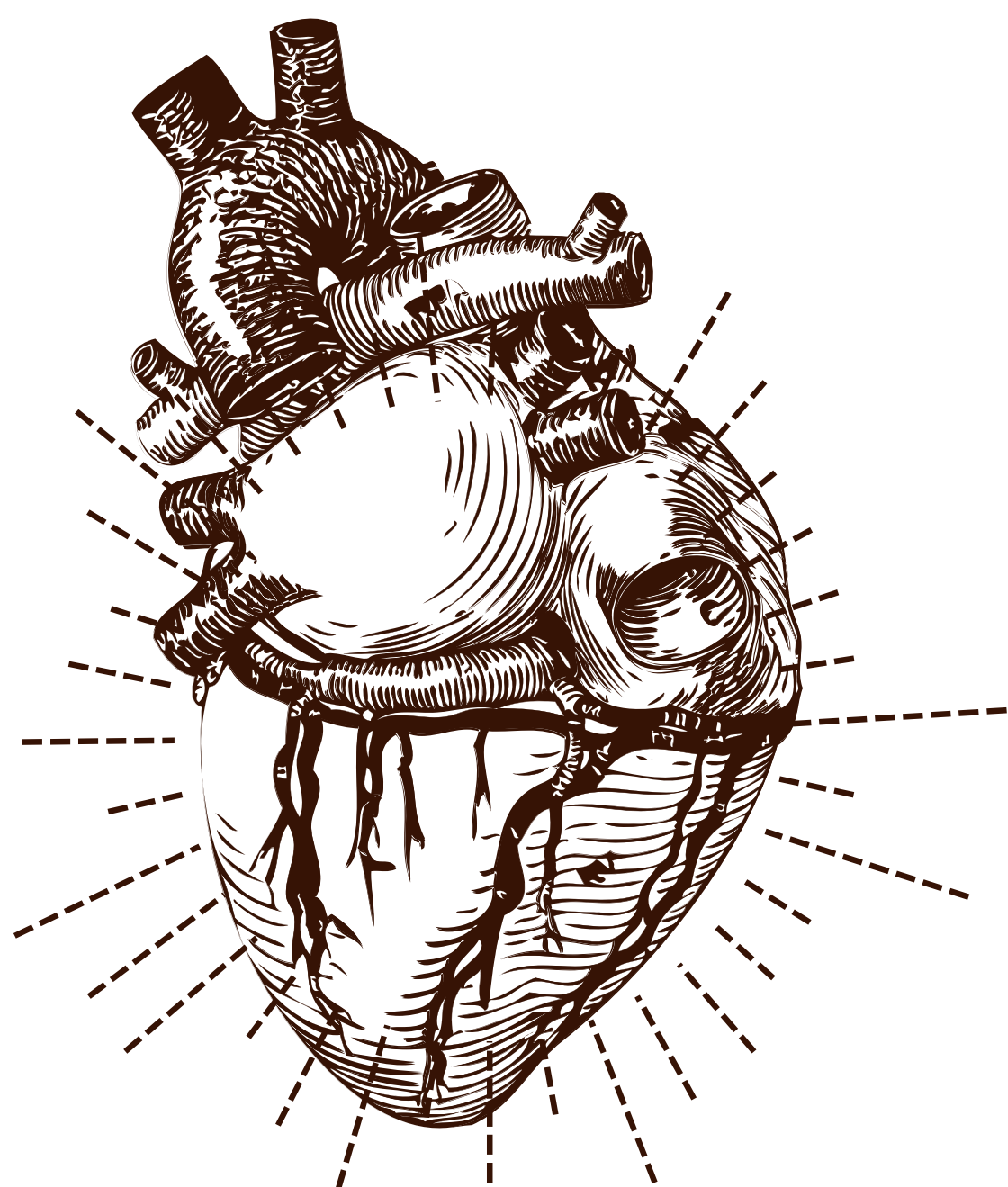


AMERICAN HEART AWARENESS MONTH

Expressing the importance of
Americans lowering their risk
for developing heart disease.

5 TIPS TO IMPROVE YOUR HEART HEALTH



- Get Plenty of Exercise
- 7-8 Hours of sleep for healthier arteries
- Limit eating foods that are saturated in fats
- Add more fruits and vegetables to diet



American
Heart
Association®



Public Health
Prevent. Promote. Protect.

KEEP YOUR HEART HEALTHY.