



Heart Health is Optimal Health!

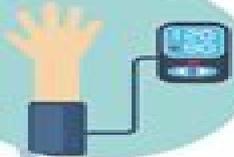
Both heart and physical health are two very important components of a healthy life, from childhood to the golden years.

A little progress each day adds up to BIG results! Start with these tips today!

Tips for a Healthy Heart!



Physical Activity increases heart rate and blood flow for at least 30 minutes daily. **Walk With Ease Program**



Manage Chronic Conditions such as high blood pressure, diabetes, high cholesterol.



Eat a Healthy Diet high in fruits and vegetables, especially berries and green leafy vegetables. Check out Heart healthy recipes and MyPlate resources from the U.S. Department of Agriculture.



Get a Good Night's Sleep for at least 7-8 hours.



Schedule Regular Checkups with your doctor for routine screenings and vaccinations.



Giving Up Tobacco lowers your risk of developing heart disease, cancer, lung disease, and other smoking-related illnesses. **Need Help Call Quit Now Virginia 1-800-QUIT-NOW | 1-800-784-8669 | 1-855-DEJELO-YA /1-855-335-3569 - Spanish**



Reduce Alcohol Drinking too much can harm your health.

Fighting Heart Disease A Practical Self Help Guide To Prevention And Treatment

IM Harris



Fighting Heart Disease A Practical Self Help Guide To Prevention And Treatment:

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