



► Heart Health

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

Sources: CDC and American Heart Association



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Instructions:

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