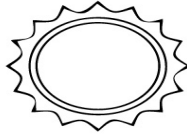


# Heart Healthy Tips



Get a good night's sleep.



Get outside & play.



Don't smoke, or quit now!



Eat lots of fruits & vegetables.



No salt.



Spend time with loved ones.



Visit ALL your doctors.



Raise your heart rate.



Be Grateful