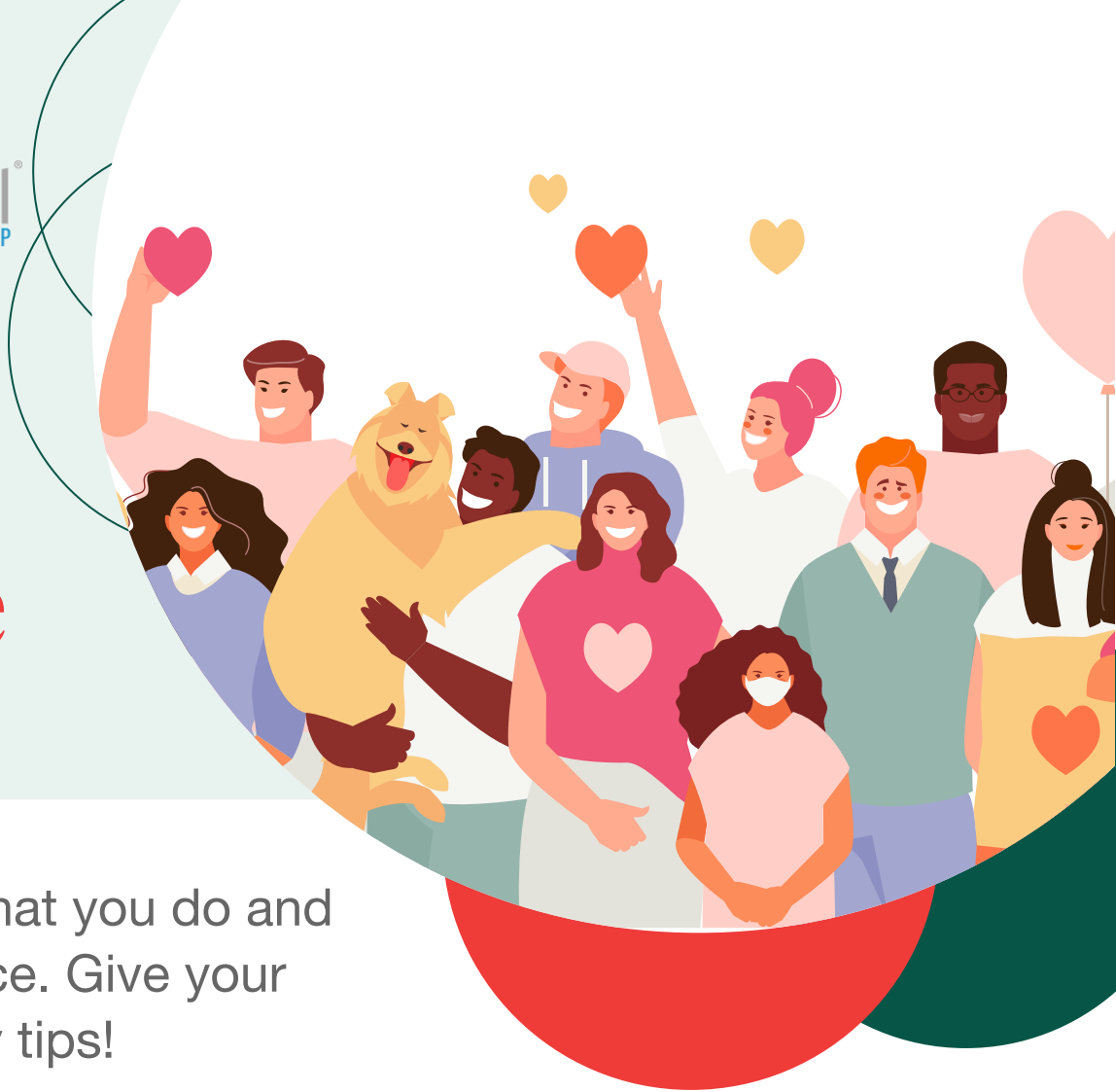


Show Your Heart Some Love



February is heart health month. What you do and don't do can truly make a difference. Give your heart some love with these healthy tips!



Pump your heart

Move more! Make purposeful exercise a part of your weekly routine that gets your heart rate up and makes you breathe harder.



Know your numbers

We're talking about the big three: cholesterol, blood pressure and blood sugar. Stay on top of your yearly wellness check-ups and work to keep these numbers in a healthy range.



Don't worry, be happy

Take a step back and reflect on your emotions and try to find ways to adopt a more positive outlook while learning how to manage daily stressors.



Eat your heart out

Fill your shopping cart with heart healthy foods full of whole grains, fiber, healthy fats and plenty of fruits and vegetables. Stay away from the salty, sugary and processed foods.



Learn from your relatives

Family history is out of your control but understanding the history of heart disease in your family can help you be extra vigilant about adopting heart-smart habits.

For more heart-healthy tips, visit BeWellSHBP.com/HealthyHeart or call a health coach at **888-616-6411**.