

Connect WITH Your World

# Love your heart

Show your heart some love with heart-healthy habits.

Eating a healthy diet, maintaining a healthy weight, getting regular activity, avoiding smoke, and managing stress can all help keep your ticker on track.

And, did you know that having a strong support system lowers your stress level, keeping your heart happy and healthy? So share a meal or enjoy a walk with a friend.

You'll love how you feel when you take care of your heart.

