



# Share the Wellness Tip

February 1, 2013

Taking Care of Your Heart

Make lifestyle choices that support your heart and keep it beating strong.

You'll be rewarded with more vitality and a reduced risk for heart disease.

- Choose heart-healthy foods— ones that are high in fiber and low in saturated fat trans fats, cholesterol, sodium (salt), and sugar. Fresh fruits and vegetable are always a good choice.
- Strengthen and condition your heart with aerobic activities such as bicycling, brisk walking, and swimming.

Source: Positive Promotions

