ACTIVE AND MINDFUL LIVING





Physical activity & stress reduction can help prevent or manage heart disease.

Supports a stronger heart

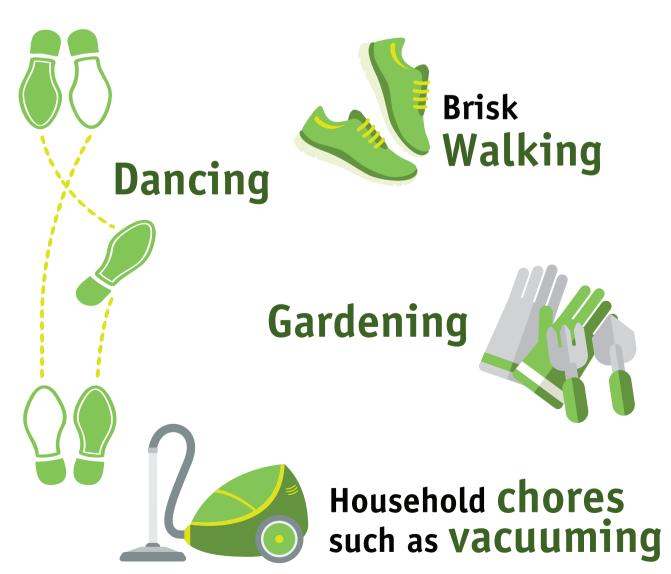
Lifts mood & self-esteem

Improves circulation

WHY you should get moving... **Promotes** sleep

- Lowers blood cholesterol, pressure & sugar
- **Decreases the need** for medications in some cases
- **▶ Helps manage** weight
- Reduces stress

can be as simple as



How you can **UCE STRESS**









Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/HealthyLiving



