

February 2023

HEALTHY HEART LIVING FOR YOU

YOUR GOOD HEALTH MATTERS TO US!

Exercise regularly: Regular physical activity can help lower your risk of heart disease, stroke, and other health conditions. Try to get at least 30 minutes of activity 3 to 5 days of the week.



Eat a healthy diet: Eat a balanced diet to maintain a healthy weight and lower your risk for heart disease. Focus on fresh fruits, vegetables, and whole grains!

Get regular checkups: Regular checkups with your doctor can help you keep track of your health and make sure any heart conditions are properly managed.

Manage stress: Stress can contribute to heart problems, so be sure to manage it. Try to find healthy ways to manage stress by walking, meditating, and consulting with your doctor often.

Don't smoke or use tobacco: Smoking and using other forms of tobacco can increase your risk for heart disease. If you don't smoke, don't start. If you do smoke, talk to your doctor about ways to slow down or quit

Sincerely,

A handwritten signature in black ink, appearing to read "PJ".

Paula Johnson

NO SMOKING

