ACTIVE AND MINDFUL LIVING





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

- you should get moving.
- Supports a stronger heart
 - **Improves** circulation
 - Lifts mood & self-esteem
 - Promotes sleep
- Lowers blood cholesterol, pressure & sugar
- Decreases the need for medications in some cases
- **▶ Helps manage** weight
- Reduces stress

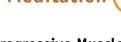
MODERATE EXERCISE

can be as simple as



How you can **REDUCE STRESS**









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

For more information, visit WMCHealthAPS.com/Heart

