

5 To Know – Tips to Achieve Heart Health

Do you want to develop and maintain a healthy lifestyle? Here are five ways that you can do just that... <http://bit.ly/2y8vufD>



- ☐ Move often
- ☐ Build muscles
- ☐ Fill up with Fiber
- ☐ Choose quality calories over quantity calories
- ☐ Recharge your batteries