



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

WHY
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 [CardioSmart.org/HealthyLiving](https://www.CardioSmart.org/HealthyLiving)