

WHAT TO DO TO HAVE A HEALTHIER HEART

DRINK MORE WATER You are probably dehydrated most of the time. Drink less soda.

EAT PROPERLY Eat more green and seasonal food. Eat smaller portions. Cut out processed foods. **LESS SALT**

EXERCISE/WALK

ANNUAL DOCTOR VISIT

HAVE YOUR BLOOD PRESSURE CHECKED AT INTERVALS (THE SILENT DISEASE)

READ THE BIBLE TO INCREASE YOUR JOY AND HOPE IN LIFE

GET OUT OF THE HOUSE AND BE WITH FAMILY AND FRIENDS