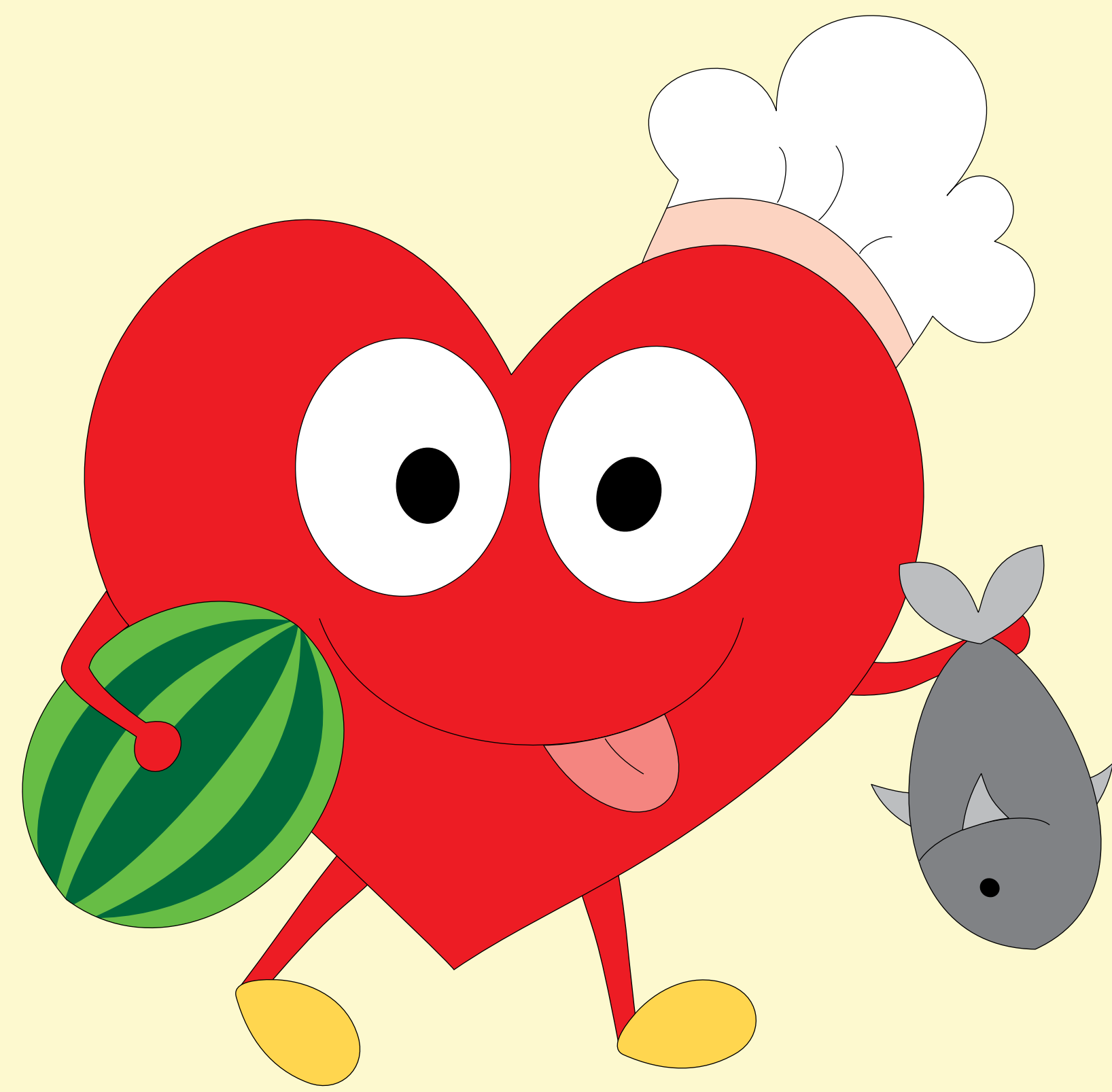


KEEP YOUR HEART HEALTHY

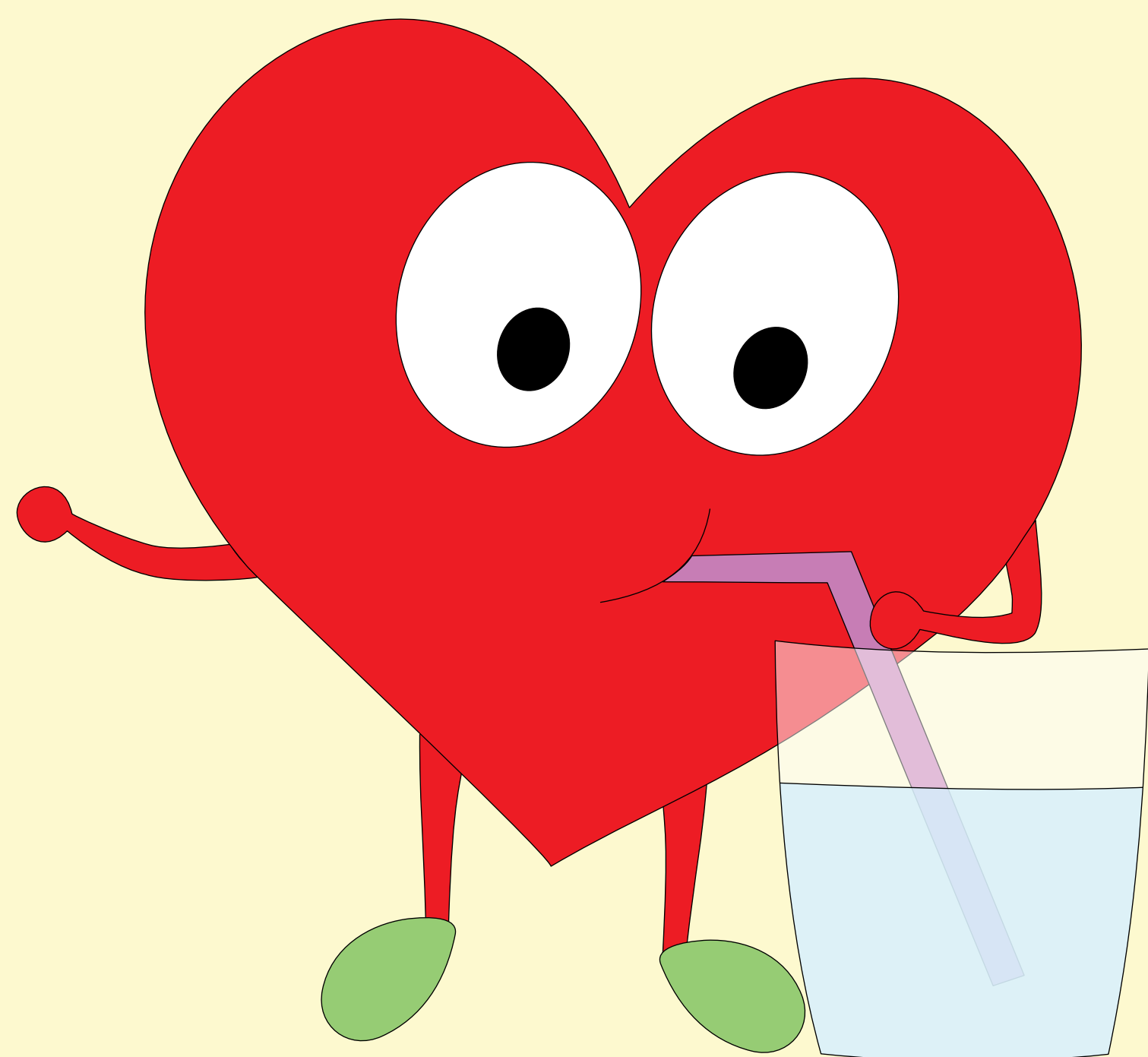
1. Be active



2. Eat well



3. Drink lots of
water



4. Sleep well

