

ONE HEART. ONE LIFE.
Positive paths to healthy blood pressure.



Share better health with someone you love.



**Valentine, Valentine, my heart beats for you.
To keep our hearts beating, let's walk a mile or two.**

Did you know you could control your blood pressure with physical activity? Well, you can – and it's one of the most important steps you can take to control your blood pressure and prevent heart disease, while at the same time gaining many other health benefits. Learn more on **YouTube**.¹

Here's your chance to get better acquainted with the Fats family: the bad fats and the better fats. Like any family, the Fats share some common traits. For example, they all give your body energy and they all have nine calories per gram. But some fats are better than others. Click on the link to find out more. **www.heart.org**.²

GO YOUSM



1. www.youtube.com/watch?v=e4TBrVePrtc&feature=plcp
2. www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/MeettheFats/Meet-the-Fats_UCM_304495_Article.jsp

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