



→ make  
**TODAY**  
 wholeheartedly  
**VIVACIOUS**

Your state of mind has a big impact on how old you feel, so live a little – and live a little healthier.

## Celebrate heart health

This month, choose a habit (or all 5) to add to your life for a happy heart.

- |  |  |  |
|--|--|--|
| <p><b>1. Eat to your heart's content</b><br/>         50% fruits and veggies<br/>         25% lean protein<br/>         25% whole grains</p> | <p><b>3. Aim to lose</b><br/>         Get and keep your BMI (body mass index) to less than 25.</p>             | <p><b>5. Break up with a bad habit</b><br/>         If you smoke, quit. Your heart will thank you.</p> |
| <p><b>2. Move that body</b><br/>         150 minutes a week of exercise is all you need.</p>   | <p><b>4. Watch the pressure</b><br/>         Maintain a healthy blood pressure – 120/80 or lower is ideal.</p> |  |

[LEARN MORE](#)

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.