



→ 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.

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

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