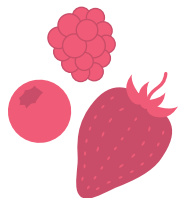


Show Your **HEART SOME LOVE**

You know that incredible muscle that beats in your chest all day, every day? It deserves some love! Treat your ticker right, and you can help manage stress and anxiety, lower your risk of heart disease, and lengthen your life.

GIVE THESE HEART-HEALTHY FOODS A TRY¹



Berries.

They're rich in antioxidants, polyphenols and folates which help to widen arteries and increase blood flow.



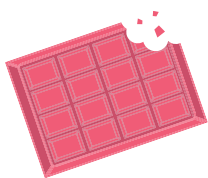
Salmon. Tuna. Trout.

Why? They're rich in Omega-3 fatty acids which help lower blood pressure, decrease triglyceride levels, and reduce the risk of abnormal heart beats.



Oatmeal, Beans/Legumes, Kale, Spinach & Broccoli.

They're full of fiber which helps regulate blood sugar levels and lower cholesterol levels.



Dark Chocolate.

You heard right. The flavanols found in dark chocolate with at least 70% cocoa can help lower blood pressure and improve blood flow between the brain and heart.



Almonds, Walnuts & Pistachios.

Dee-lish! They're packed with polyunsaturated fatty acids that help to prevent plaque buildup in the coronary arteries.

GET UP, GET MOVING

We know you know this, but just a friendly reminder that exercise is just about the best and most fun thing you can do for your heart!



Try to get at least 30 minutes of moderate aerobic exercise 5 days a week¹



Try to get muscle-strengthening activity at least 2 days per week¹



Adopt a Dog

Want a great way to add in those active minutes? Adopt a dog! Fido gets a loving home, you get exercise. It's a win-win.²

KEEP CHOLESTEROL IN CHECK

With high LDL (bad) cholesterol, you may develop fatty deposits in your blood vessels, which could make it difficult for blood to flow – which means increased risk of heart attack.³ **Here are a few ways to manage your cholesterol:**



Test your cholesterol every 5 years.



Watch your waist circumference. Risks increase at 40 inches for men, 35 inches for women.



Manage your weight. A body mass index (BMI) of 30 or greater puts you at risk of high cholesterol.

EXPRESS GRATITUDE

Research shows that a grateful mindset can be good for your heart, literally.⁴ Practicing gratitude has been shown to increase healthy cholesterol levels and lower certain biomarkers, a sign of reduced cardiac risk.⁵

To practice gratitude you can:

- Recognize and celebrate the accomplishments of coworkers
- Tell family & friends how much and why you appreciate them
- Write in a weekly gratitude journal