5 Tips to Stay Heart Smart

Heart disease is preventable. Apply these five tips to help reduce your risk for heart attack and other forms of cardiac disease:

1. **Get moving.**
2. **Cut the saturated fat.**
3. **Take control of your blood pressure.**
4. **Find ways to reduce stress.**
5. **Be heart-health informed, stay informed.**

Want to learn more?

Get more details at
PacificSource.com/hearthealth

PacificSource HEALTHY LIFE

CLB170_1219_02

Fold on dotted lines and tape ends together.

5 Tips to Stay Heart Smart

Heart disease is preventable. Apply these five tips to help reduce your risk for heart attack and other forms of cardiac disease:

1. **Get moving.**
2. **Cut the saturated fat.**
3. **Take control of your blood pressure.**
4. **Find ways to reduce stress.**
5. **Be heart-health informed, stay informed.**

Want to learn more?

Get more details at
PacificSource.com/hearthealth

PacificSource HEALTHY LIFE

CLB170_1219_02

Fold on dotted lines and tape ends together.