



Love your heart

Description

September, Heart Awareness Month, shines the spotlight on cardiovascular disease, which according to the Department of Health is on the rise and continues to be the leading cause of death in the country. While the statistics paint a scary picture, there are lifestyle changes that each of us can make to improve our heart and cardiovascular health.

default watermark

10 STEPS TO A HEALTHIER HEART



Say yes to . . .

Knowing your numbers



Check your blood pressure regularly

Say

Being t

Reduce
of salt y
to avoic

Category

1. Our Wellness

default watermark