



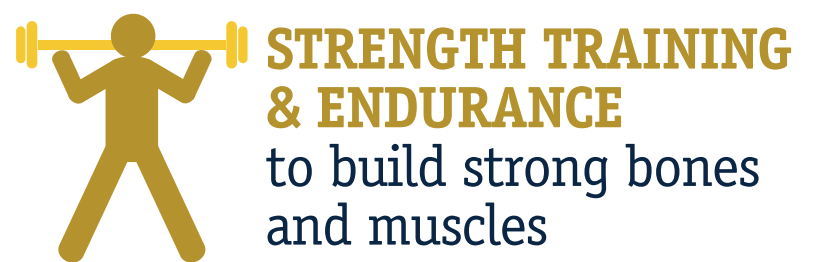
Being physically active is essential to help **prevent and manage heart disease.**

**WHY**  
you should  
get moving...

- Supports a stronger heart
- Improves circulation
- Lifts mood
- Promotes sleep

- Lowers blood cholesterol, pressure & sugar
- Decreases the need for medications in some cases
- Helps control weight
- Cuts down on stress

**MODERATE EXERCISE**  
can be as simple as...



Talk with your health care team to come up with an exercise plan that's **right for you.**

For more information, visit [www.CardioSmart.org/ActiveLiving](http://www.CardioSmart.org/ActiveLiving).

CardioSmart is sponsored in part by The Coca-Cola Company.

Please consult your health care provider about your specific health needs.