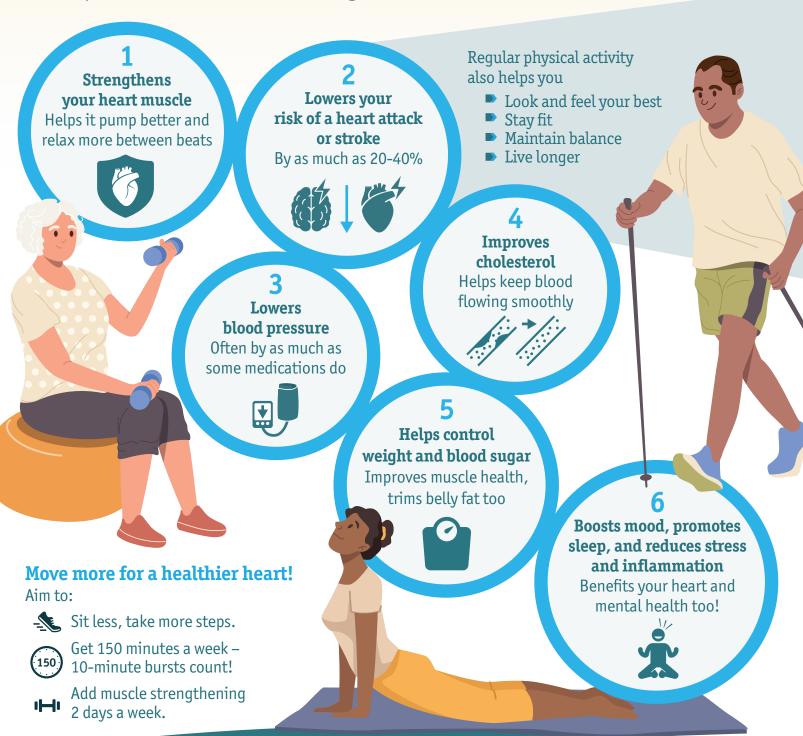
6 Ways Regular Physical Activity Benefits Your Heart



Like any muscle, your heart needs regular activity to stay strong and healthy. The good news? Simple movements every day can go a long way.

Some proven heart benefits of being active:



For more information, visit <code>CardioSmart.org/MoveMore</code>

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