

Being **physically active** and finding ways to **reduce stress** can help **prevent or manage heart disease**.

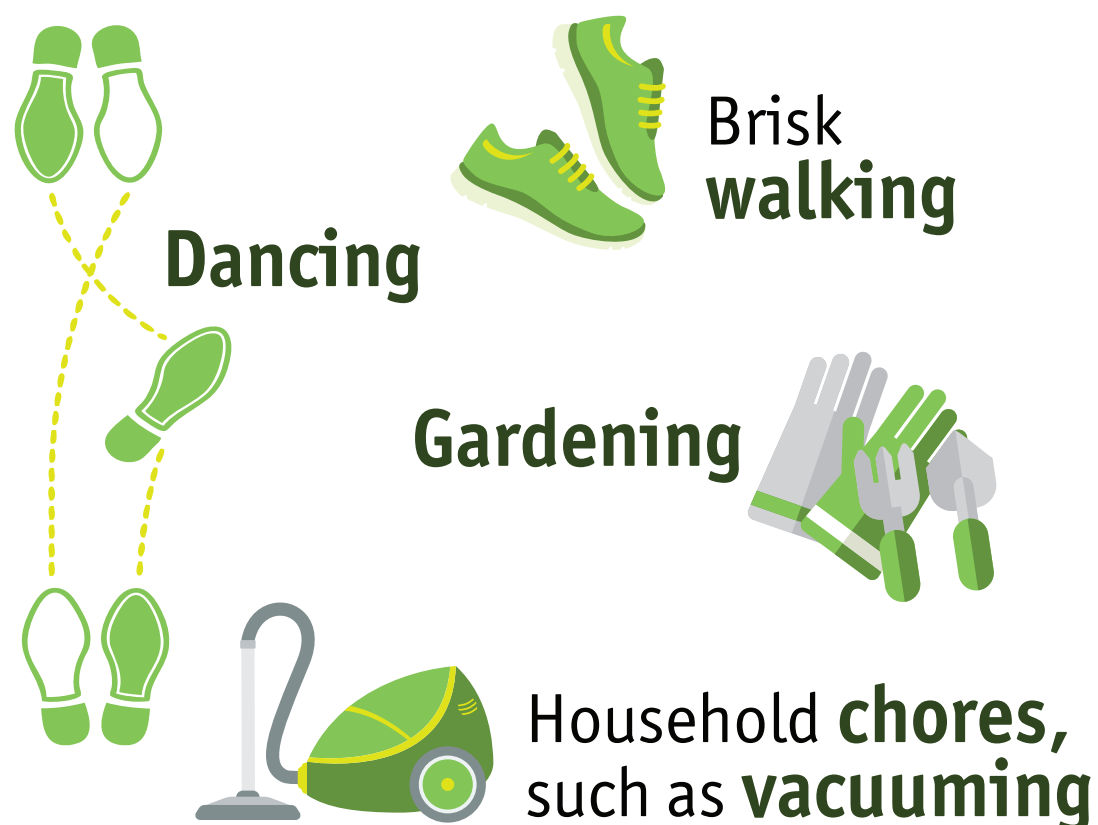


Try to sit less!
Moving throughout the day, even in small amounts, is good for your health.

Staying active:

- **Supports** a stronger heart
- **Improves** circulation
- **Lifts mood** and self-esteem
- **Promotes** sleep
- **Lowers** blood pressure, cholesterol and sugar
- **Decreases the need** for medications in some cases
- **Helps manage** weight
- **Reduces** stress

Moderate activity can be as simple as



How you can reduce stress



visit [CardioSmart.org/HealthyLiving](https://www.cardiosmart.org/HealthyLiving) to learn more.

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