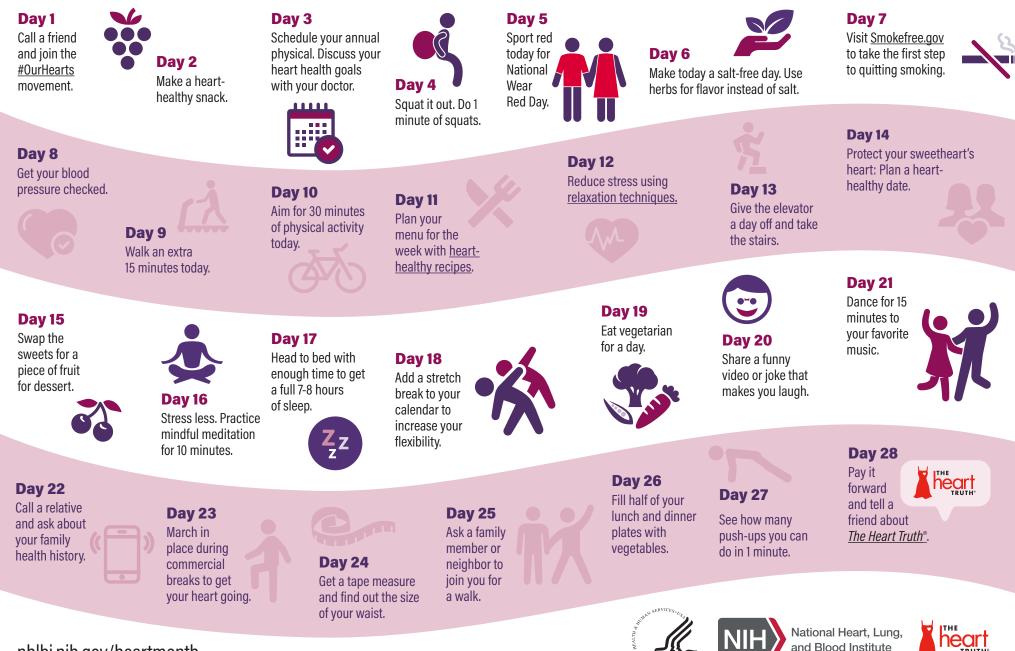
## **28 Days Toward a Healthy Heart**

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.





## nhlbi.nih.gov/heartmonth