



Keep the beat. Listen to your heart.

Your family depends on you for so much, and that's why your good health is so important. Heart Month is a great time to get in sync with your heart. Do you know how to keep your heart healthy?

- According to the American Heart Association, healthy adults ages 18-65 should enjoy at least 30 minutes of moderate intensity activity five days of the week.
- Eating a low fat diet that is high in fruits and vegetables helps keep your heart healthy.
- Quitting smoking is another great way to improve your heart health.

Listen to your heart and take some simple steps to safeguard your health.

Visit
www.sjhealthcare.net/keepthebeat
for more tips about leading
a heart healthy lifestyle.



Physician Referral Line: 1-800-770-7547