



→→→ make
TODAY
wholeheartedly
VIVACIOUS

Your state of mind has a big impact on how old you feel, so live a little – and live a little healthier.

Celebrate heart health

This month, choose a habit (or all 5) to add to your life for a happy heart.

1. Eat to your heart's content

50% fruits and veggies
25% lean protein
25% whole grains

2. Move that body

150 minutes a week
of exercise (like brisk
walking) is all you need.

3. Aim to lose

Make it your goal to get and
keep your BMI (body mass
index) to less than 25.

4. Watch the pressure

Maintain a healthy
blood pressure – 120/80
or lower is ideal.

5. Break up with a bad habit

If you smoke, quit. Your
heart will thank you.

Visit kp.org/heart to learn more about heart health.

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