



# Heart Health is Optimal Health!

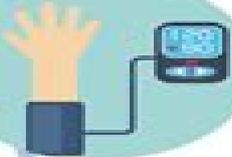
Both heart and physical health are two very important components of a healthy life, from childhood to the golden years.

A little progress each day adds up to BIG results! Start with these tips today!

## Tips for a Healthy Heart!



**Physical Activity** increases heart rate and blood flow for at least 30 minutes daily. **Walk With Ease Program**



**Manage Chronic Conditions** such as high blood pressure, diabetes, high cholesterol.



**Eat a Healthy Diet** high in fruits and vegetables, especially berries and green leafy vegetables. Check out Heart healthy recipes and MyPlate resources from the U.S. Department of Agriculture.



**Get a Good Night's Sleep** for at least 7-8 hours.



**Schedule Regular Checkups** with your doctor for routine screenings and vaccinations.



**Giving Up Tobacco** lowers your risk of developing heart disease, cancer, lung disease, and other smoking-related illnesses. **Need Help Call Quit Now Virginia 1-800-QUIT-NOW | 1-800-784-8669 | 1-855-DEJELO-YA /1-855-335-3569 - Spanish**



**Reduce Alcohol** Drinking too much can harm your health.

# Health And Disease

**Chao Zhang**



## **Health And Disease:**

## **Health And Disease** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Health And Disease**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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