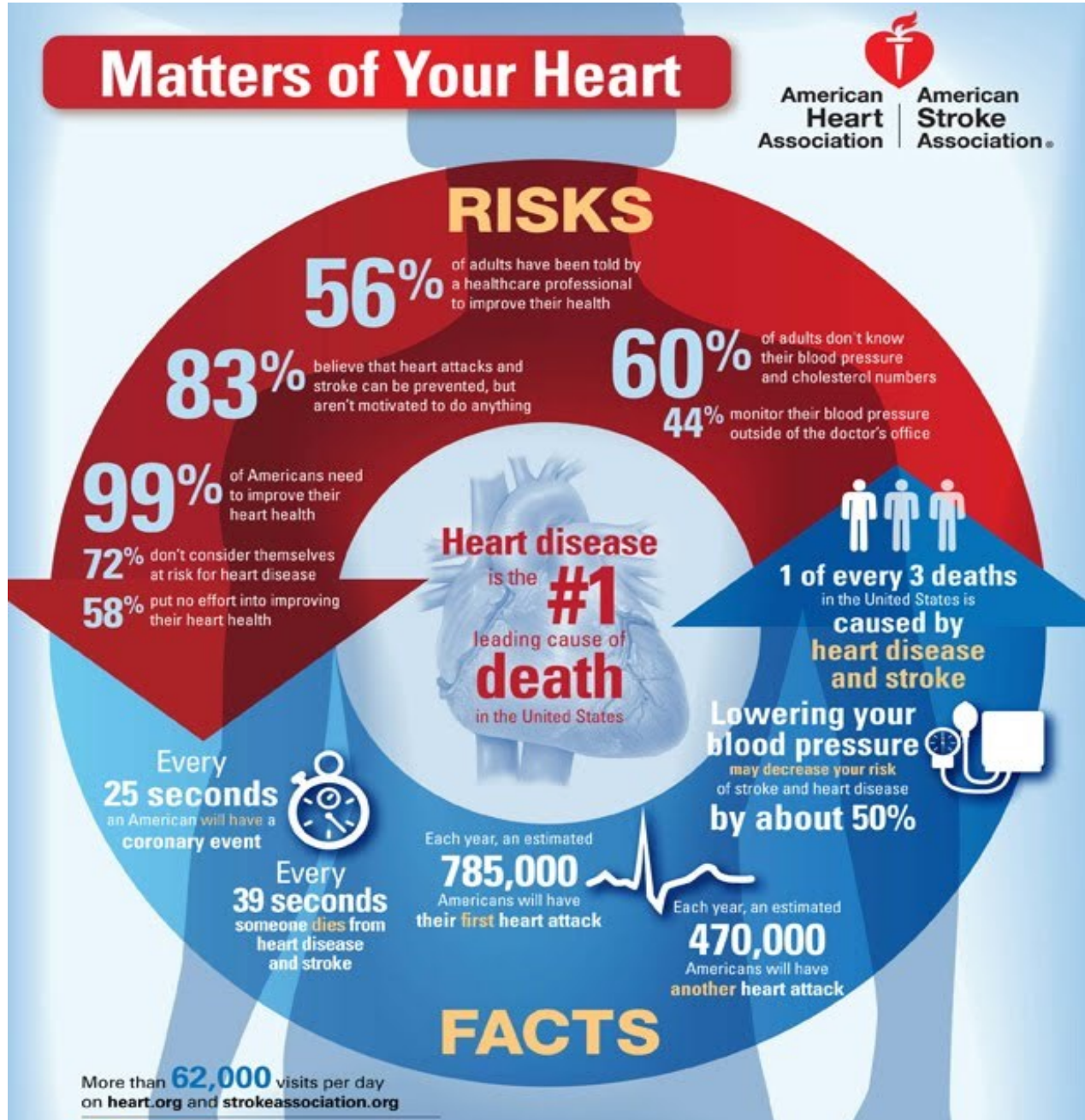


# Be Heart Smart \*

## 'Move More' Tip of the Day

Ditch the close parking spot. Park farther (but still safe distance) away to increase steps.



\* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



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