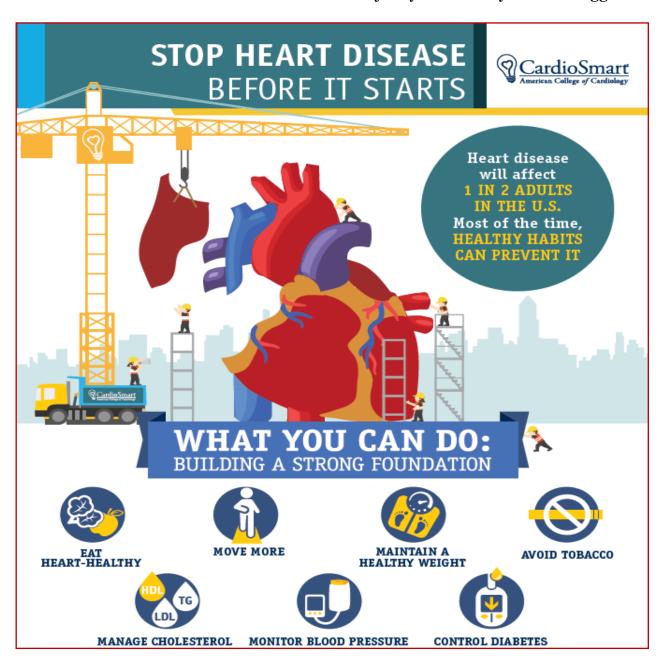


## Be Heart Smart\*

## 'Move More' Tip of the Day

Movement is better in numbers – ask someone to join you or take your four-legged friend.



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

