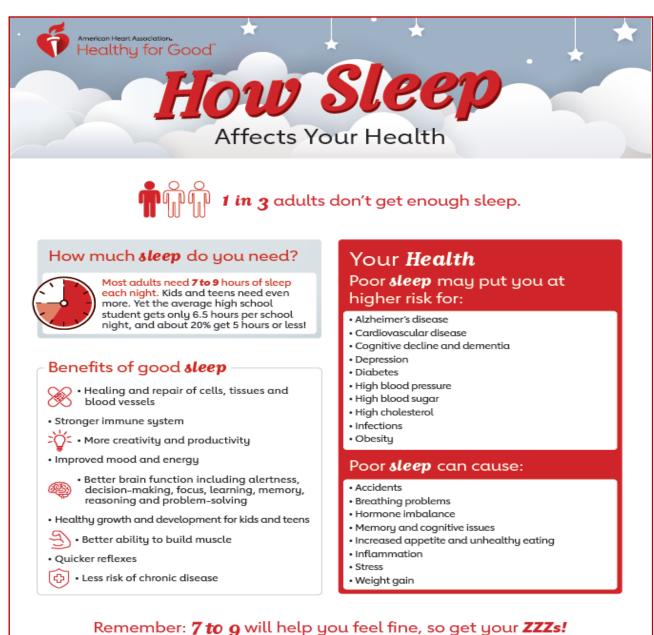


Be Heart Smart*

'Move More' Tip of the Day

Switch it up and do something by hand today that you normally would have used a machine - wash dishes by hand, grind your own coffee beans, walk the aisles of the grocery store.



* Material provided is for informational purposes only. Please consult your medical



professional for activity and diet advice for your individual health condition