



February Is Heart Month



♥ Your Chocolate Because Chocolate Is A Health Food (do I HEAR an Amen?!)

The Cocoa in Chocolate is

- Good for your heart
- Good for your brain

But to cash in on your cocoa craze, just remember the rules:

- Darker is better
- Don't overeat it





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♥ Your Heart Give Sodium The Boot

Don't let your worry about sodium make your blood pressure spike.

Just remember 1 simple rule: over 70% of your sodium comes from processed food products

So how do you cut your sodium?
Eat Food!! That'll do it.





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If You ♥ NOT Being Sick Boost Your Immune System It's totally a laughing matter

This winter, LOL every day.
Laughter is an amazing drug that can increase your
body's ability to fight infections.

Less illness ...
Now there's something
to laugh about





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♥ Your Exercise Find what you love...do that

If you don't love your exercise, your body will take it as a stressor.

So make sure you love what you choose to do: ride bikes, shoot hoops, walk with your peeps ... [heart] your workout, and it will [heart] you back!

