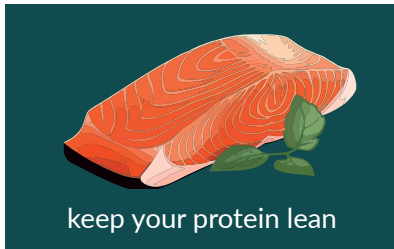


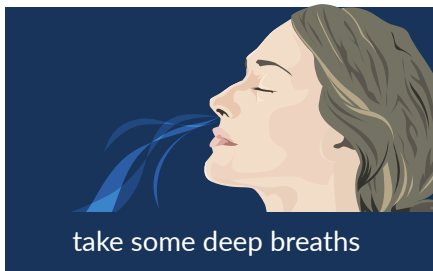
start your day with a walk



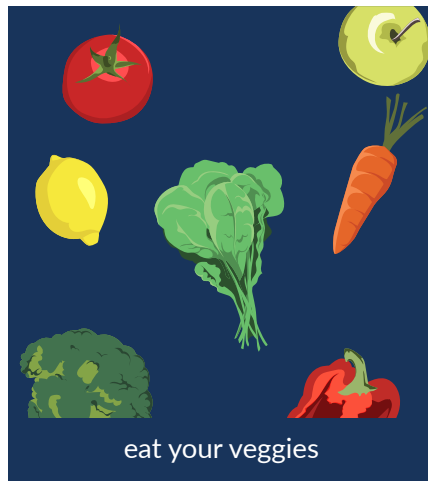
cut back on alcohol



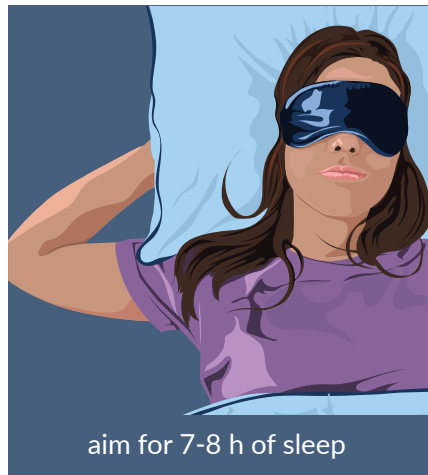
keep your protein lean



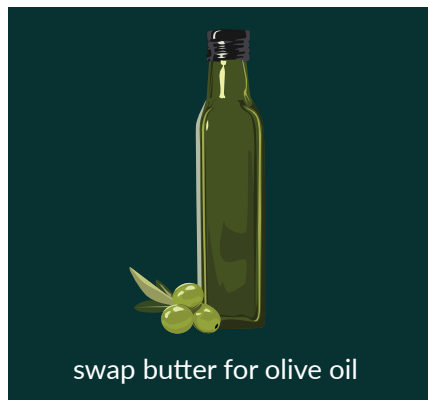
take some deep breaths



eat your veggies



aim for 7-8 h of sleep



swap butter for olive oil



monitor blood pressure regularly



stay hydrated



include a Kaneka Ubiquinol®
supplement in your diet

10 Lifestyle Changes for *Heart Health*

Simple Tips for Supporting Your Heart