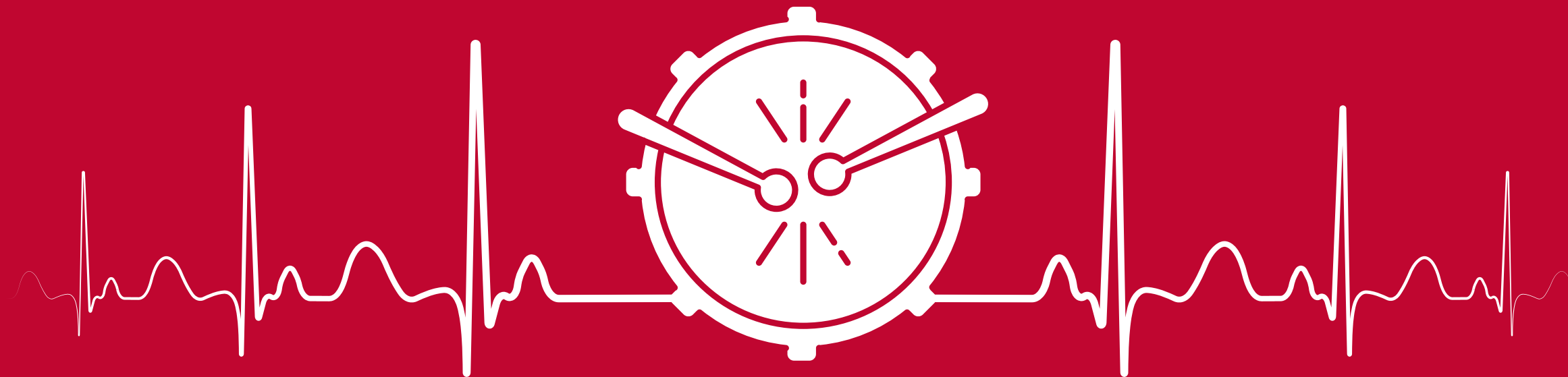


# Don't Miss a Beat

Follow the rhythm of your heart-healthy routines.



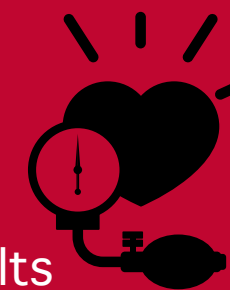
A healthy diet can lower your risk for heart disease:

- ♥ Say yes to fruits, vegetables and whole grains. Say no to salt, saturated fat and added sugar.
- ♥ Drink more water and cut back on sugary drinks and alcohol.

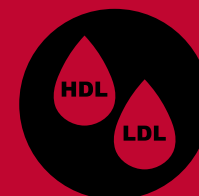


Only about **1 in 5** adults and teens **get enough exercise:**

- ♥ Aim for at least 150 minutes of moderate physical activity each week.
- ♥ Try brisk walking, gardening, tennis or bike riding.



Nearly **half** of American adults have **high blood pressure.**



Nearly **86 million** Americans ages **20 and older** have high total cholesterol levels.

Check out the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).

