



Love Your Heart



"A merry heart doeth good like a medicine; but a broken spirit drieth the bones."
Proverbs 17:22

Heart disease and other heart ailments are the leading causes of death and sickness in African-American males and females. A healthy heart is essential, and eating well-balanced meals and participating in regular physical activity reduces the risk of heart disease. People who do not participate in regular physical activity have a 30-50% greater risk of developing high blood pressure. Whether it is walking, bicycling, aerobics, or gardening, physical activity benefits the heart and increases your chances of living a long, healthy life. Try joining community or church exercise programs with your family. Love life and your heart by becoming active and staying active.

If you have questions about the Health-e-AME Physical-e-Fit program, please contact _____ at _____. Also visit the website at www.health-e-ame.com.



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