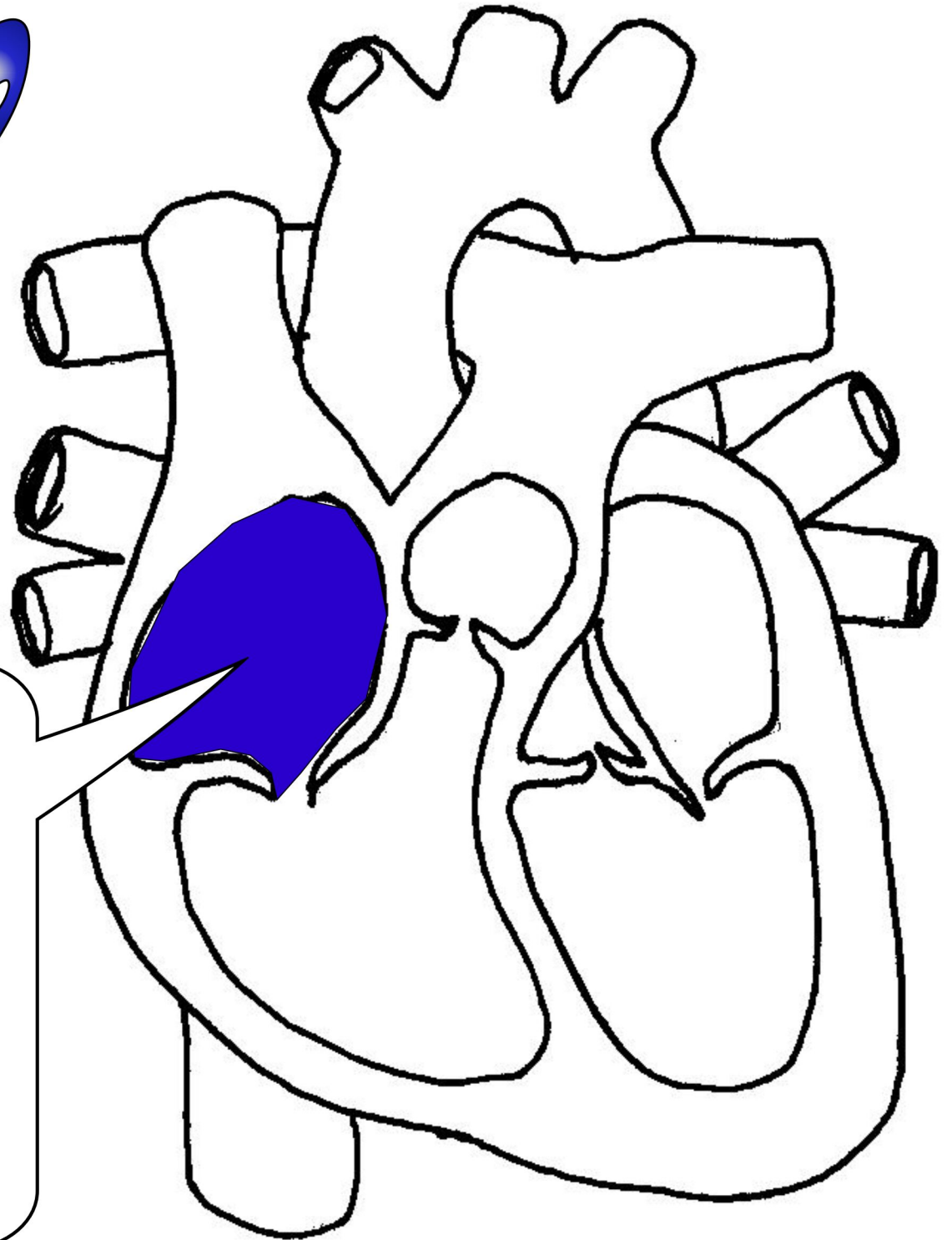


# HEALTHY HEART TIP

EAT A  
HEART-HEALTHY DIET

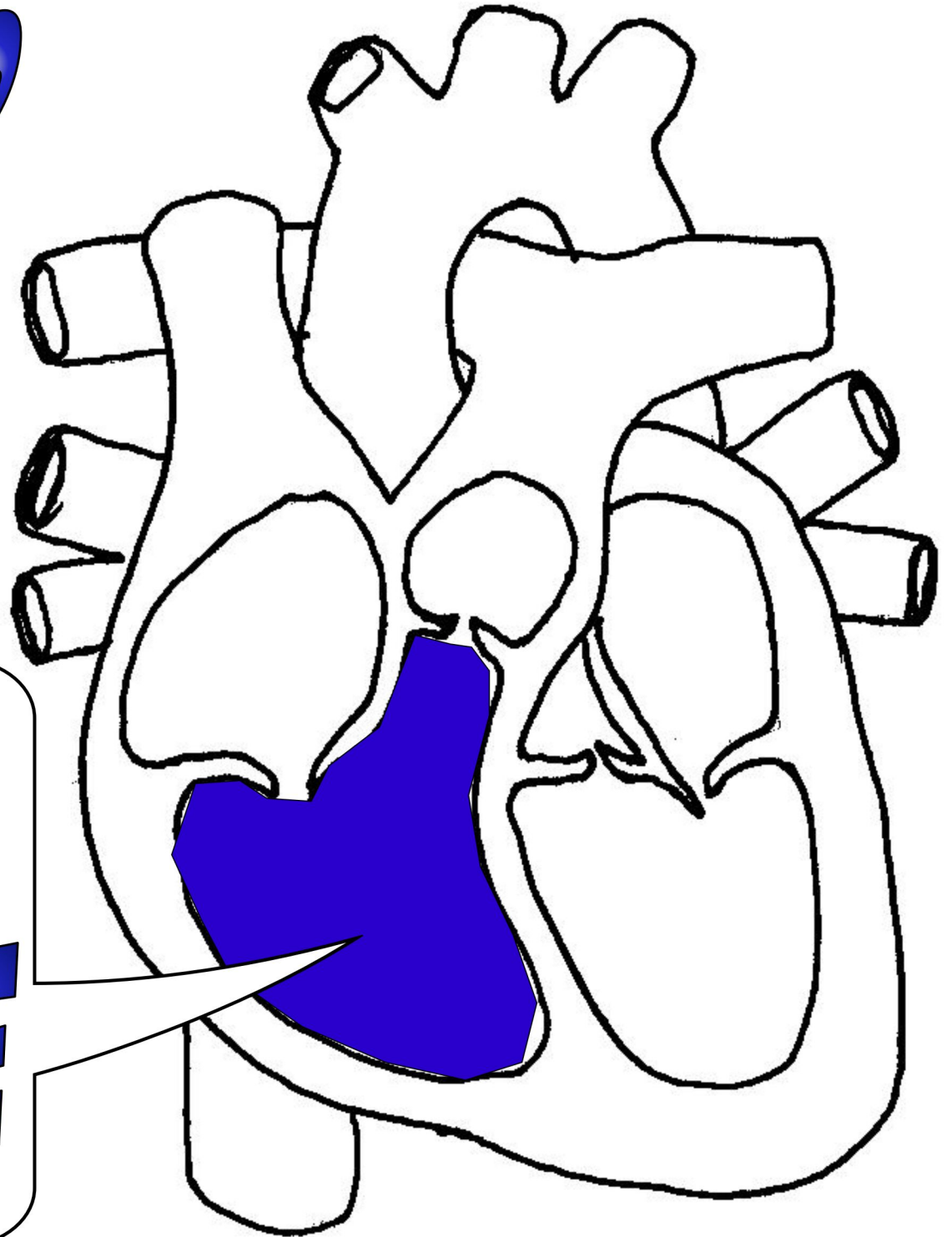


**RIGHT  
ATRIUM**

# HEALTHY HEART TIP

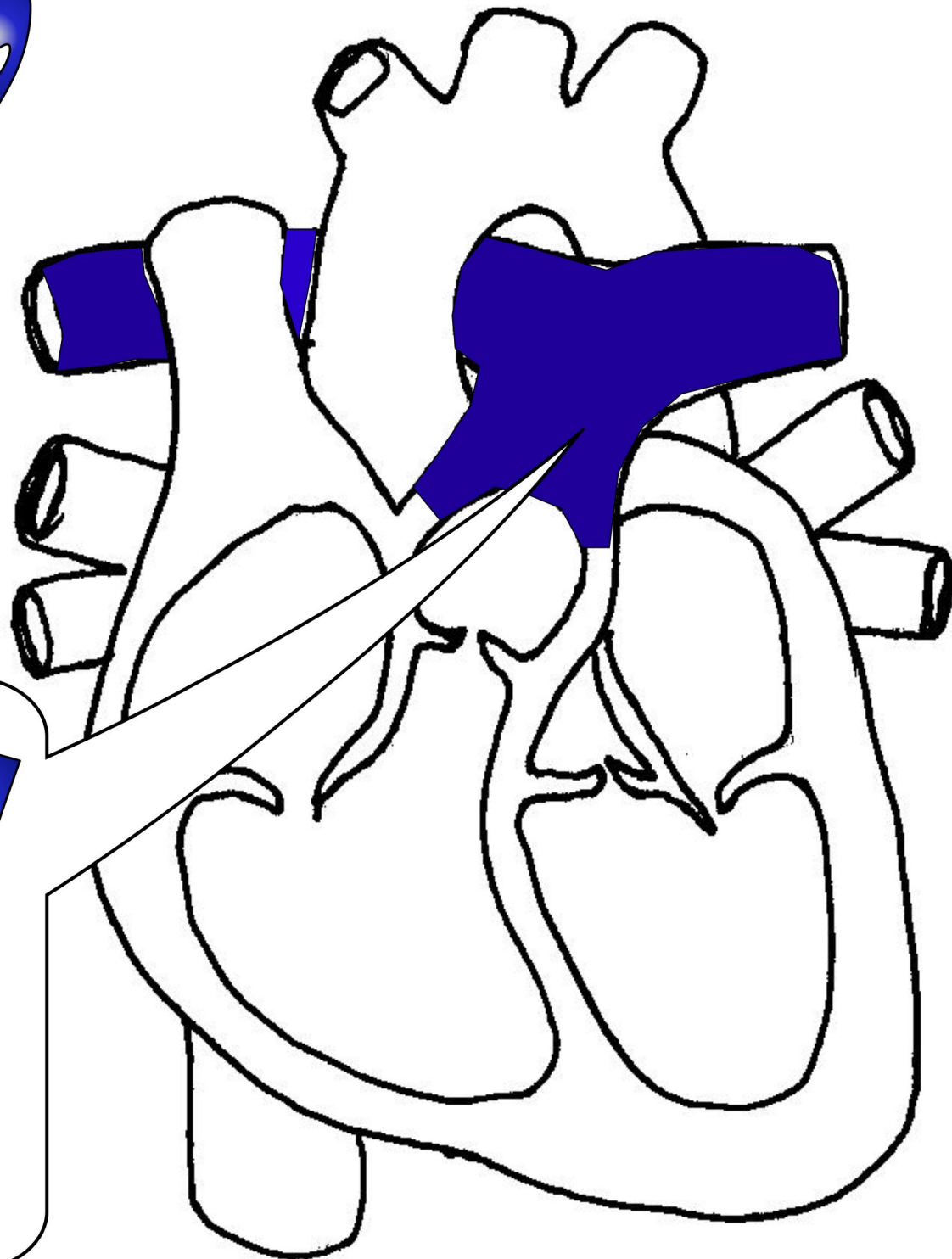
TRY TO BE  
PHYSICALLY ACTIVE  
EVERY DAY!

**RIGHT  
VENTRICLE**



# HEALTHY HEART TIP

A HEALTHY HEART  
STARTS WITH A  
GOOD BREAKFAST

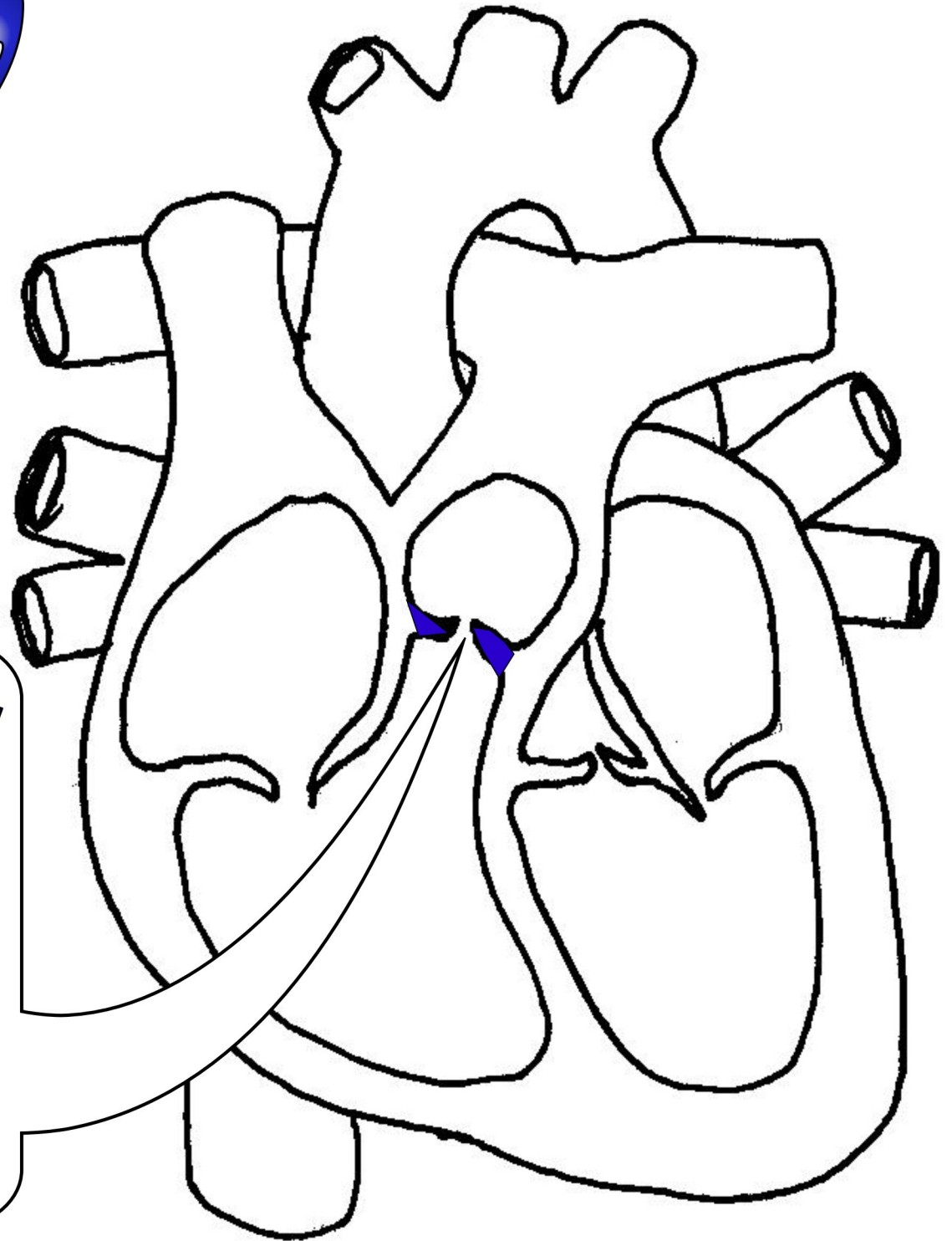


**PULMONARY  
ARTERY**

# HEALTHY HEART TIP

THE HEART IS THE  
MOST IMPORTANT  
MUSCLE

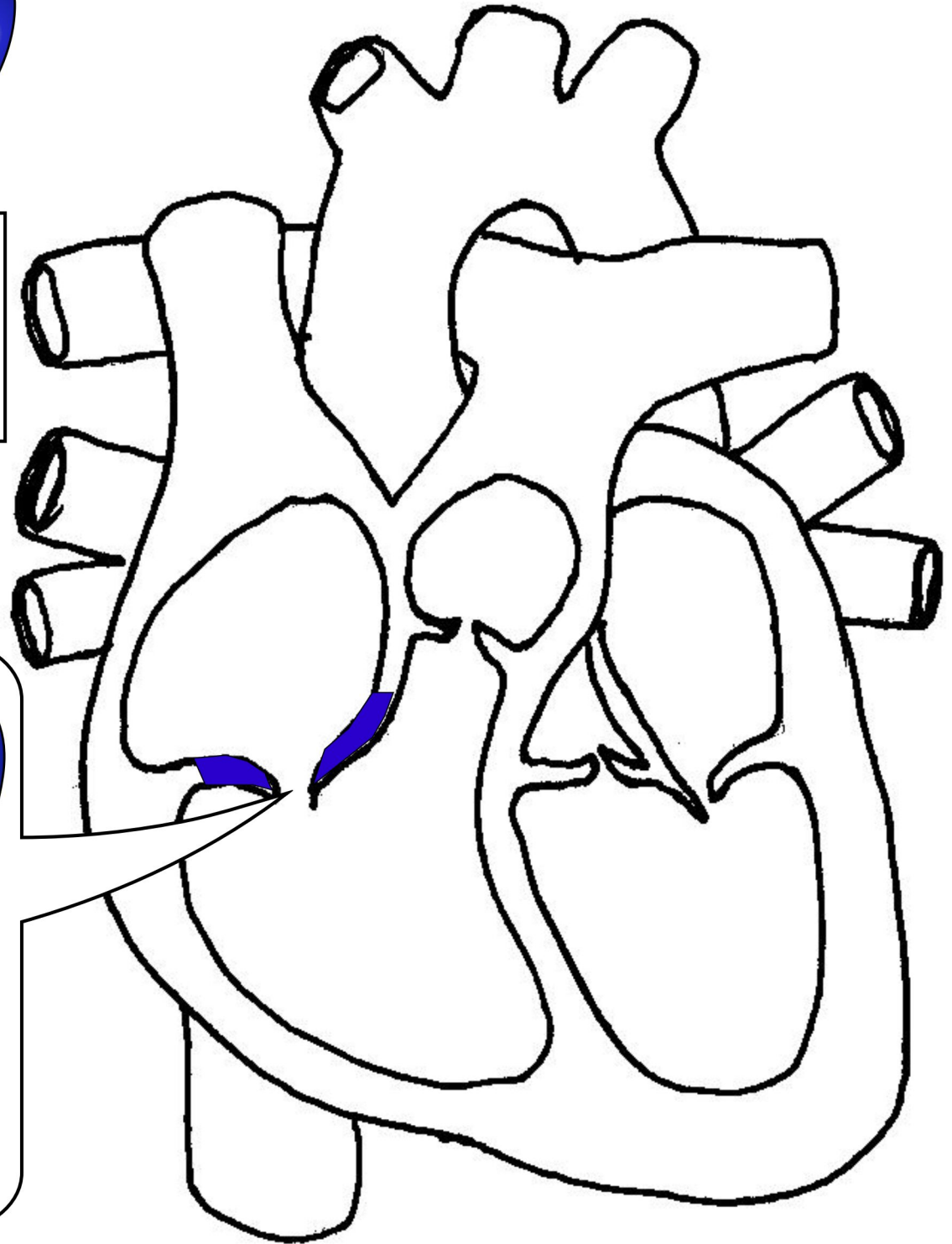
PULMONARY  
VALVE

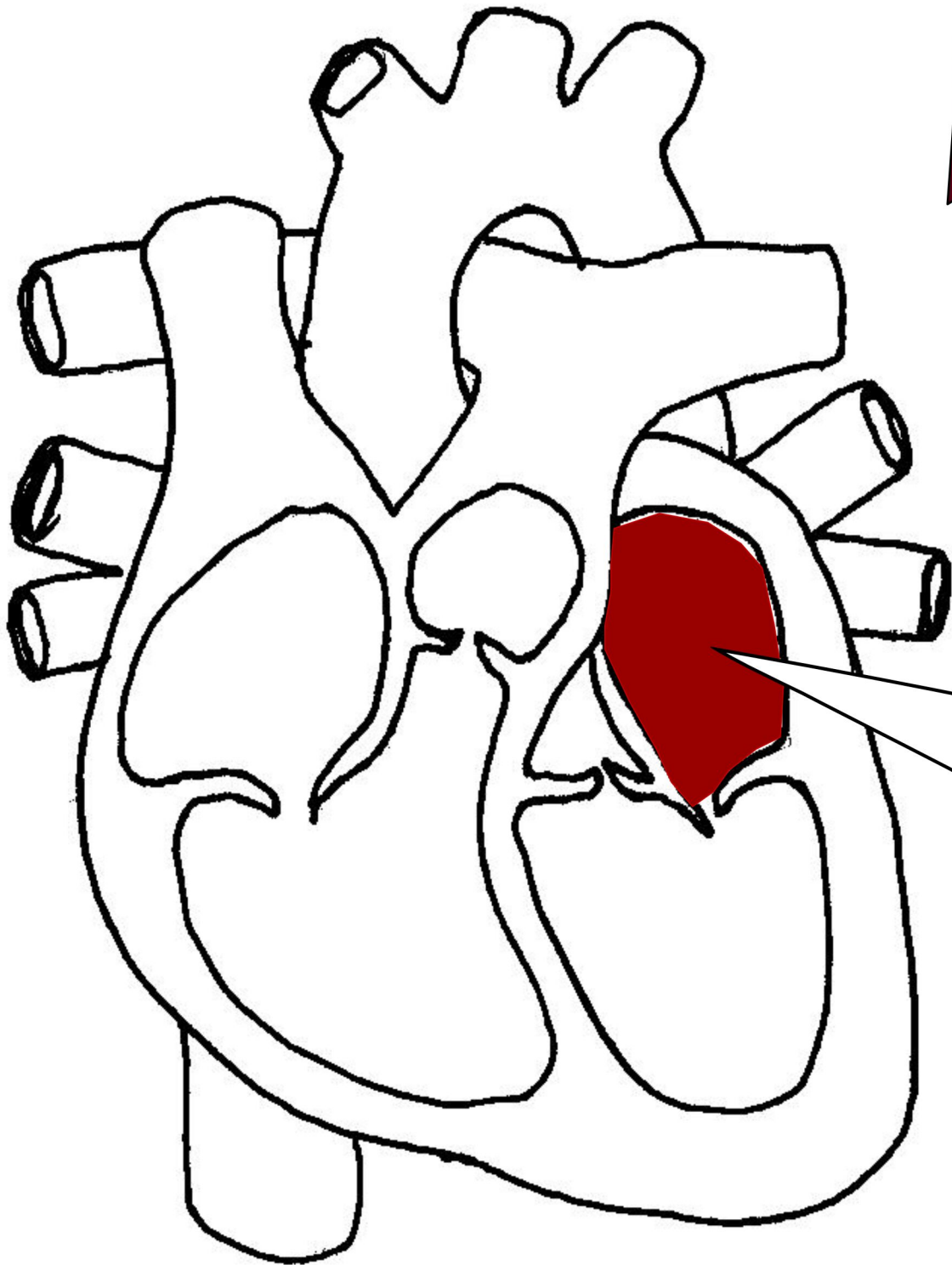


# HEALTHY HEART TIP

THINK OF THE  
DIFFERENT WAYS YOU  
CAN STAY ACTIVE

**TRICUSPID  
VALVE**

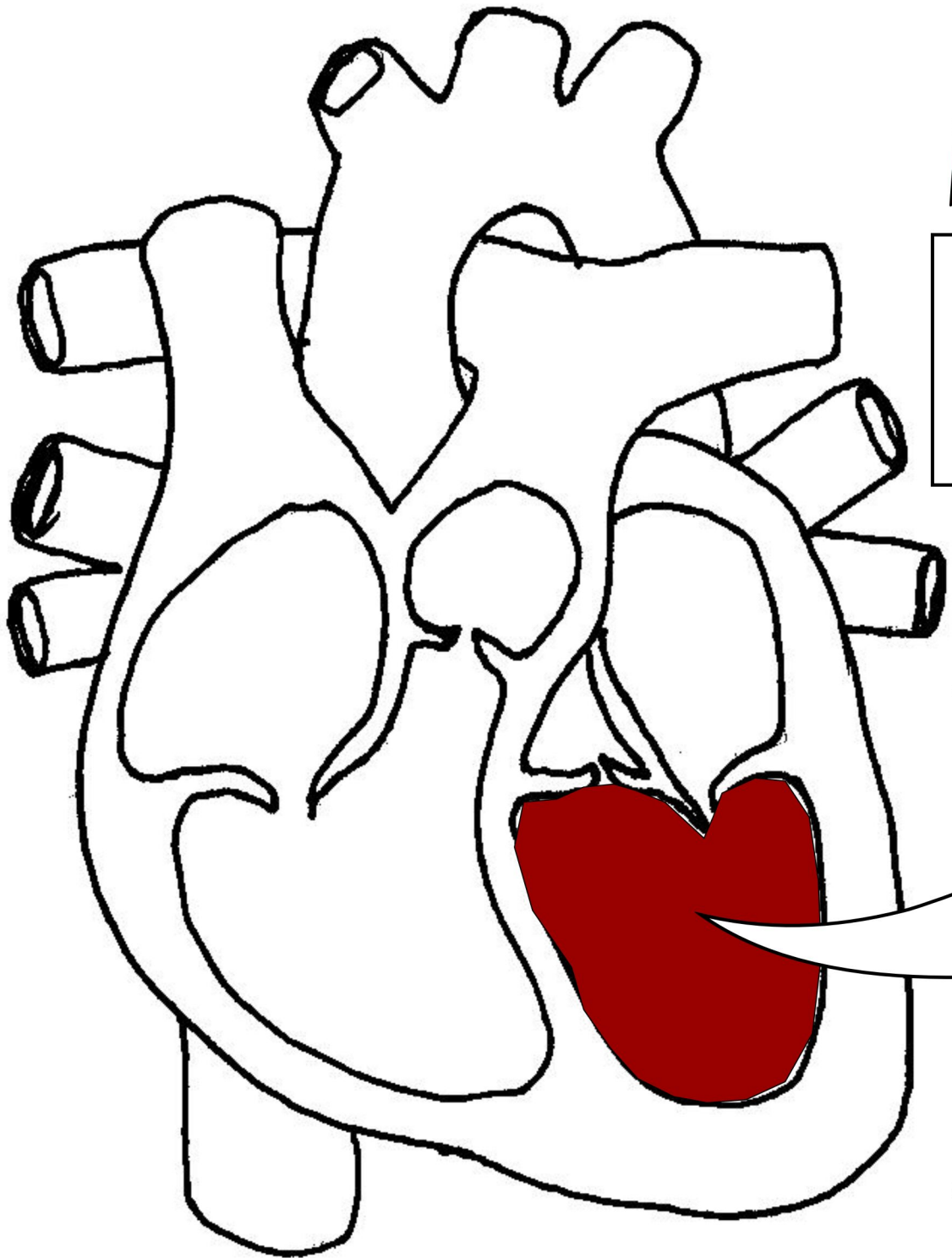




# HEALTHY HEART TIP

KEEP YOUR HEART  
HEALTHY BY EATING  
LOTS OF WHOLE  
GRAINS

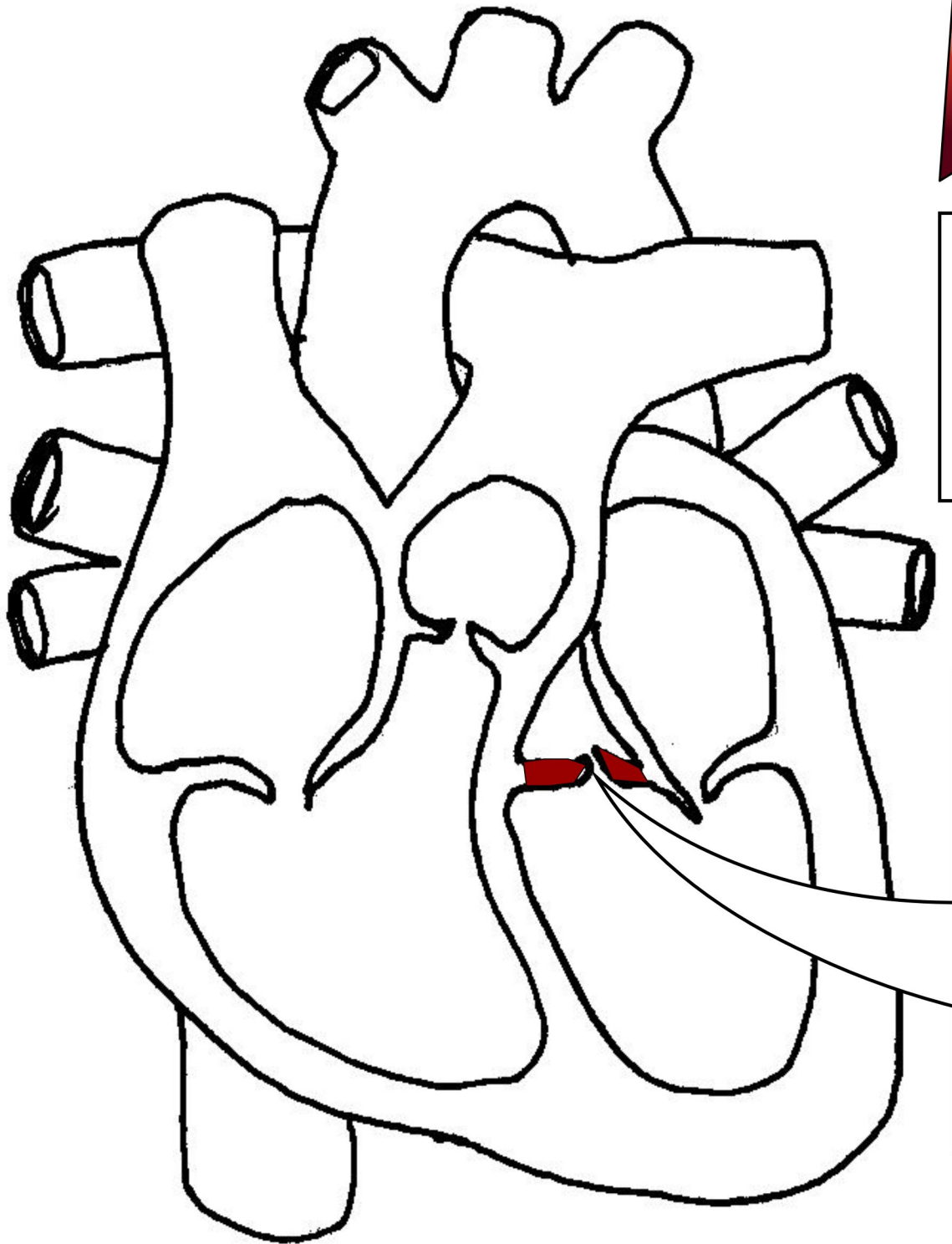
**LEFT  
ATRIUM**



# HEALTHY HEART TIP

LIMIT THE AMOUNT  
OF SOFT DRINKS YOU  
CONSUME

**LEFT  
VENTRICLE**



# HEALTHY HEART TIP

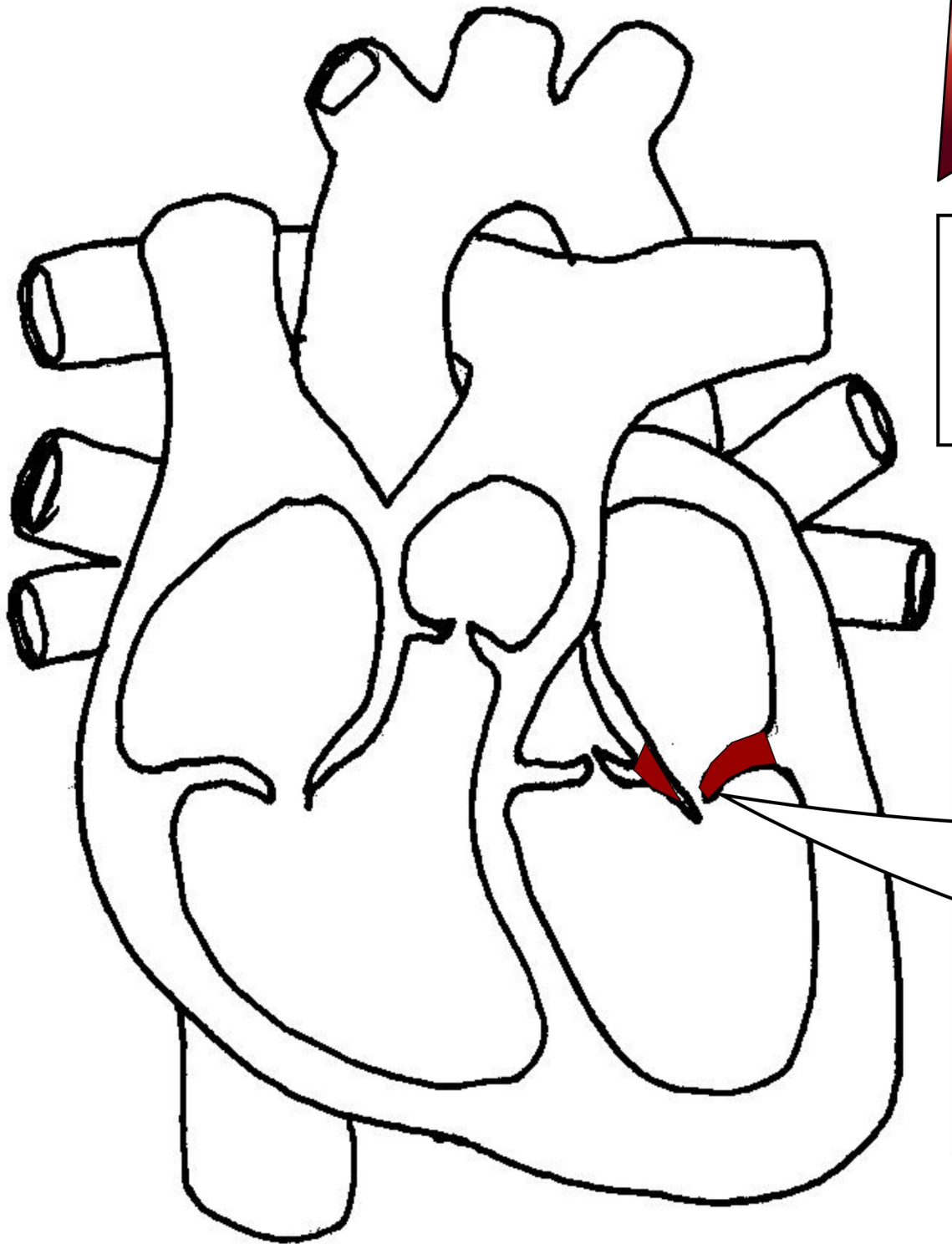
GET YOUR HEART  
CHECK BY THE  
DOCTOR ONCE A  
YEAR

**AORTIC  
VALVE**

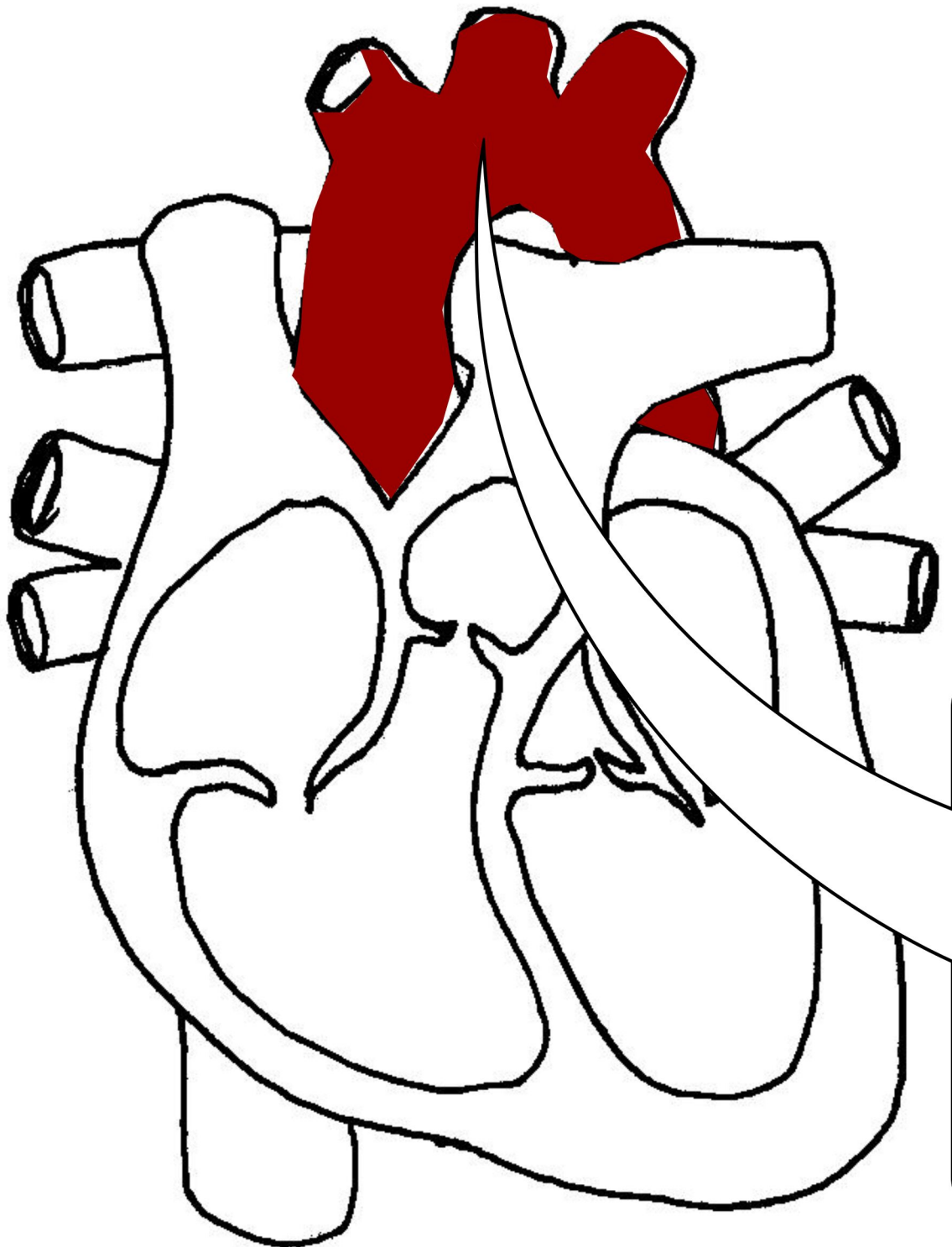


# HEALTHY HEART TIP

BE SURE TO EAT  
PLENTY OF FRUITS  
AND VEGETABLES



**MITRAL  
VALVE**



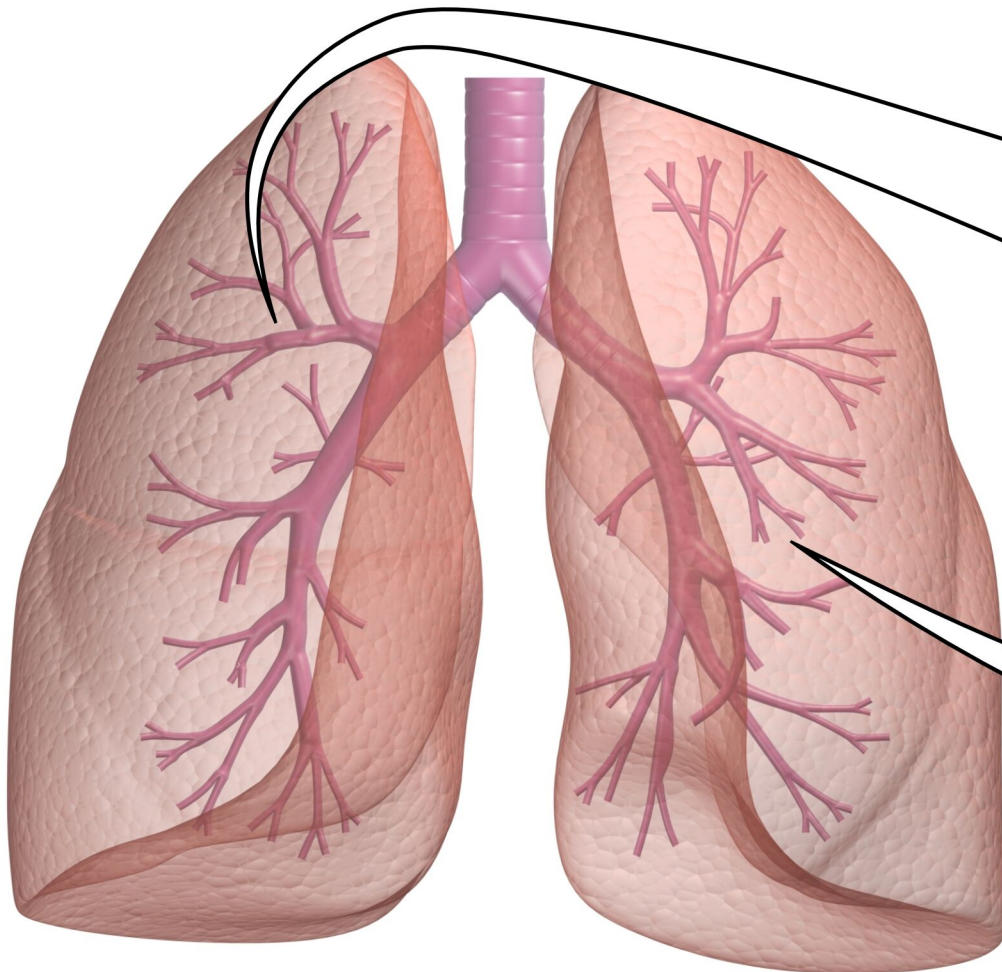
# HEALTHY HEART TIP

REDUCE THE  
AMOUNTS OF  
SUGARY FOOD YOU  
EAT

**AORTA**

# HEALTHY HEART TIP

YOUR BODY NEEDS OXYGEN IN ORDER  
TO WORK PROPERLY



**LUNGS**