

10 Tips for Health Team Valentine Favorites

- Live smoke free.
- Know your risk factors and take action on things you can change.
- Find a walking buddy. Keep each other motivated.
- If it's too hot or cold outside, walk in a mall instead.
- Opt for snacks like fruit, veggies, whole grain crackers, low fat popcorn, and yogurt.
- Healthy eating starts at the grocery store. Check labels for fat and sodium.
- Enhance your foods with flavorings other than salt.
- Focus on variety and moderation with food choices
- Take your prescribed medication
- Reduce stress; remember to laugh!

For more tips, visit www.heartandstroke.ca