

Your heart



POWER YOUR HEART

How much do you know about keeping your heart in tip-top shape? While your heart isn't nearly as cute as the Valentine's Day version, when you love it, it loves you back.

Take the American Heart Association's Simple 7 steps:

1. Manage blood pressure.
2. Control cholesterol.
3. Reduce blood sugar.
4. Lose weight.
5. Exercise.
6. Eat well.
7. If you smoke, quit.