

**Heart**

**Health**

**Wellness**

**Journal**





# Did you know?

Heart disease is largely preventable! Even with a family history, there are plenty of ways to protect your heart and stay healthy. Making the choice to focus on your overall well-being is the first step you can take to better yourself and also your loved ones.

Maintaining your physical and mental health helps build resiliency and manage your heart. Use the list provided on the next page as a reminder to take some time for yourself each day. Others will notice and follow along, too!

We can all benefit prioritizing health.







# You did great!

We applaud you for taking the steps toward bettering your heart health.

Emerging research shows strong links between your mind, heart and body for lowering your risk of developing heart disease. We encourage you to maintain a healthy lifestyle and even use this journal for more weeks than just one!

Please note that these steps are not an exact guide for every person. We urge you to examine your current lifestyle and begin making a plan for yourself and your family. Local professionals are available to guide you in the right direction if necessary.