

# NEW YEAR RESOLUTIONS

Set yourself on the right path for a healthier heart for 2022

## Make Your Heart Feel Like New for the New Year

H	E	A	R	T
Stop Smoking 	Take the Stairs	Deliver a Neighbor's Mail	Turn Off the TV	Start a Yoga Routine
Cut Calories	Reduce Alcohol	Skip the Salt	Eat Fewer Sweets	Move More
Walk the Dog	Hydrate 	<b>FREE SPACE</b>	Get a Health Checkup 	Manage Your Diabetes
Control Cholesterol	Reduce Blood Pressure	Meditate	Take Medications as Prescribed 	Take a Vacation
Skip the Cheese	Get More Sleep	Get Outside 	Switch to Wheat Bread	Eat More Veggies