

# do something smart for your heart.



healthy changes  
everything.®

## take steps to improve your health

Reduce your risk for heart disease by eating a healthy diet – include lean proteins, whole grains, and plenty of fruit and veggies. Also, aim for 30 minutes of cardiovascular exercise five times a week. For more information, visit us at [facebook.com/bsneny](https://facebook.com/bsneny) or [twitter.com/bsneny](https://twitter.com/bsneny)



**BlueShield**  
of Northeastern New York

