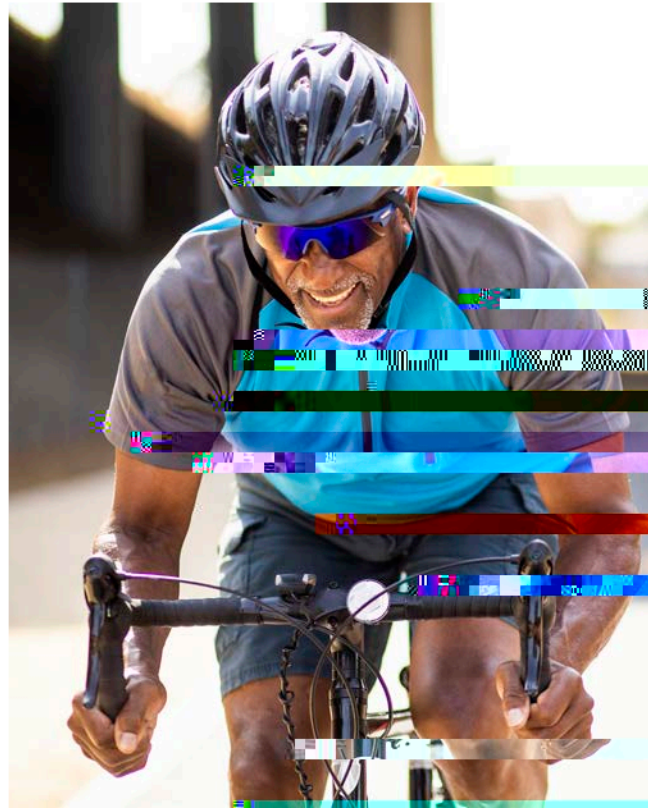




How can I be more active?



1

2

3

Heart Insight

Do you have questions for your doctor or nurse?

MY QUESTIONS:

**Can I drink any alcohol?
How often should I check my blood pressure?**

heart.org/AnswersByHeart