Your cardiovascular system moves blood and oxygen throughout your body to keep it going so you don't miss a beat. In fact, your heart beats about 100,000 times every day.* Show it some love with a few easy-to-do activities.

Reduce your risk for stroke

Being active is important and has loads of health benefits – but when you don't get regular exercise, your risk of heart disease and stroke goes up by 50%.†

Get smart about salt

Too much sodium raises your risk for heart disease. Instead of using salt to flavor your food, try lemon juice, spices, or fresh herbs.

Listen to your heart

Just 40 minutes of moderate exercise 3 to 4 times a week is enough to lower cholesterol and high blood pressure.† Your heart will thank you for it later!

Want more heart-healthy ideas? Visit **kp.org/heart** or Twitter **@kpthrive**.

*American Heart Association
†World Heart Federation

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