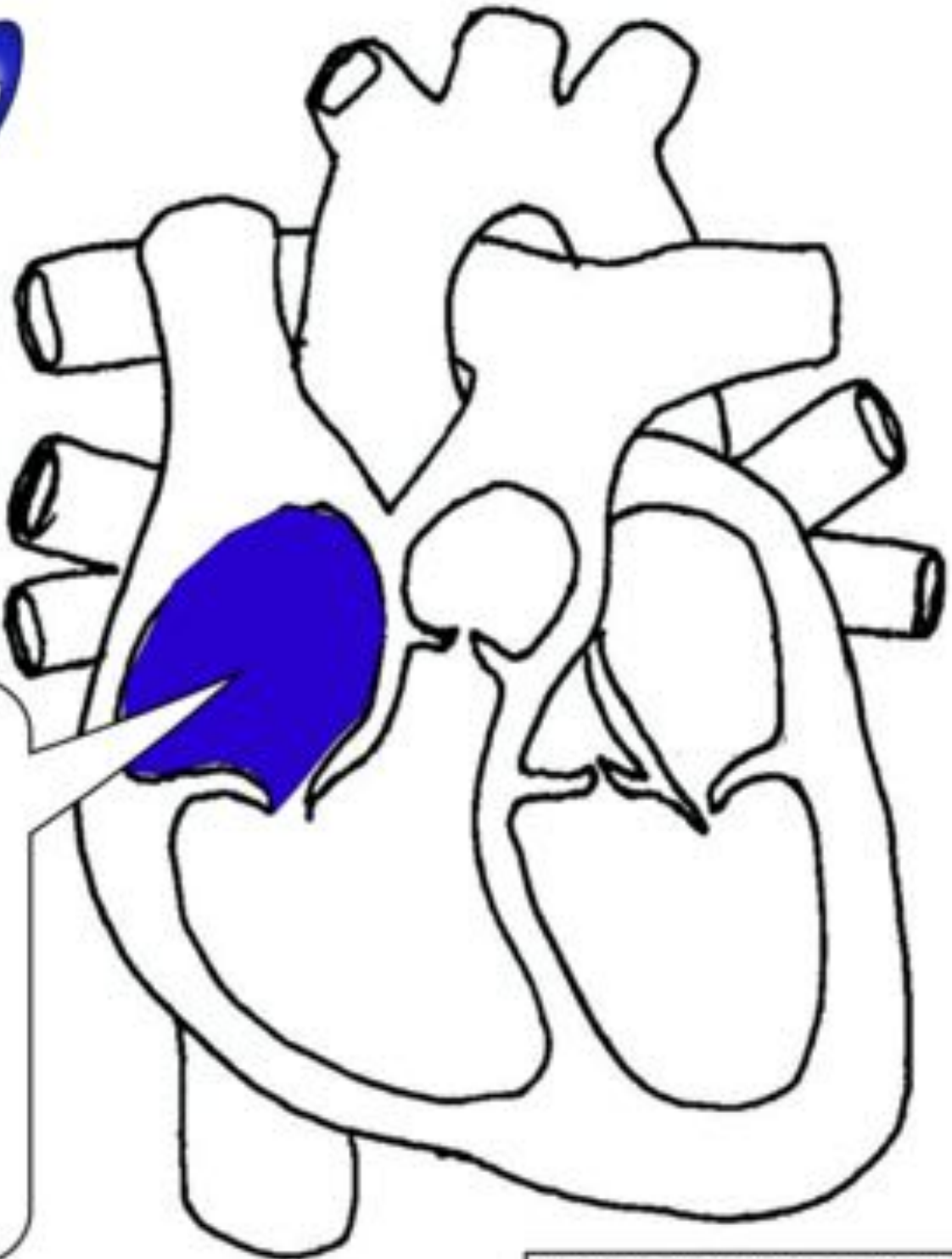
HEALTHY HEART TIP

EAT A
HEART-HEALTHY DIET

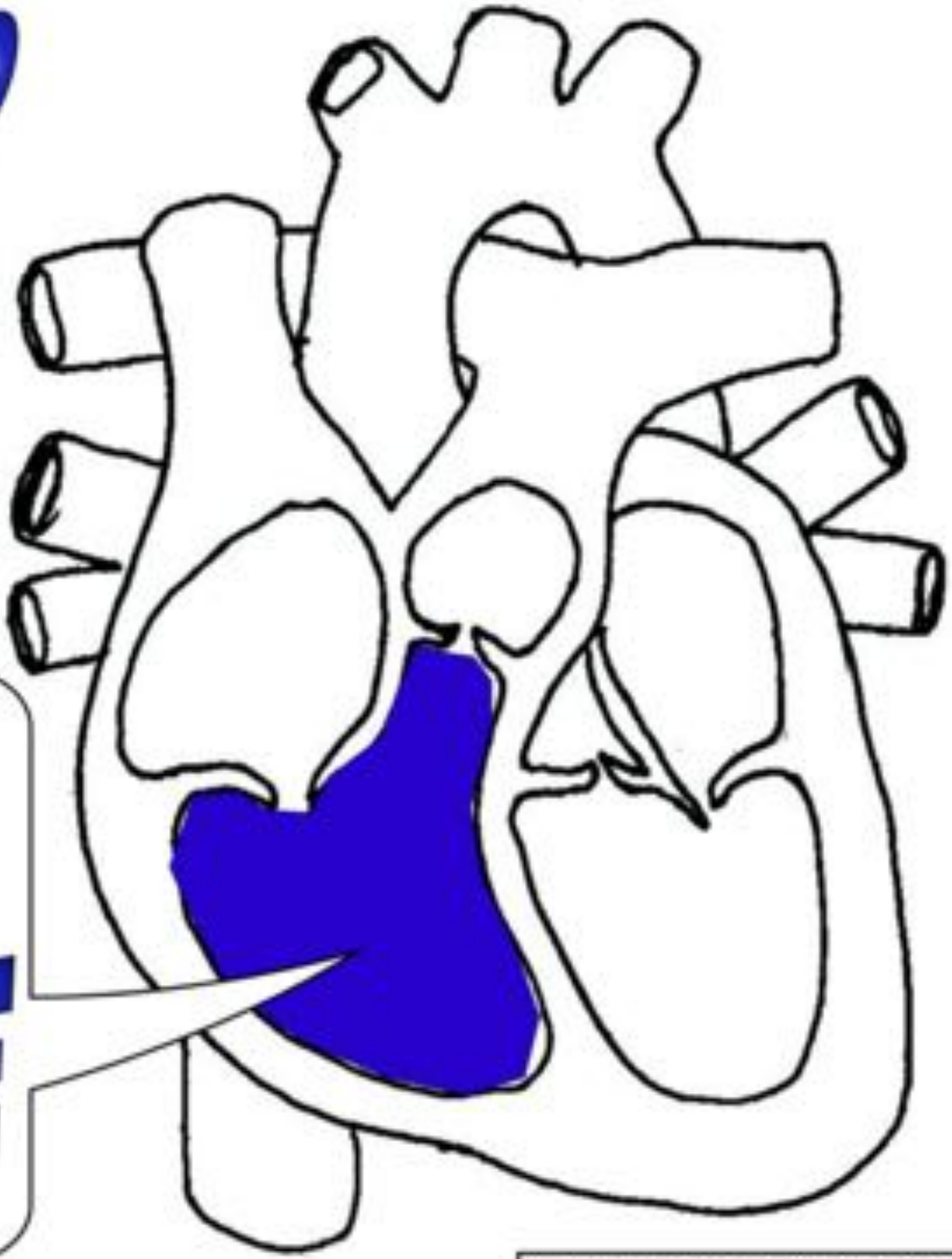


RIGHT ATRIUM

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

TRY TO BE PHYSICALLY ACTIVE EVERY DAY!

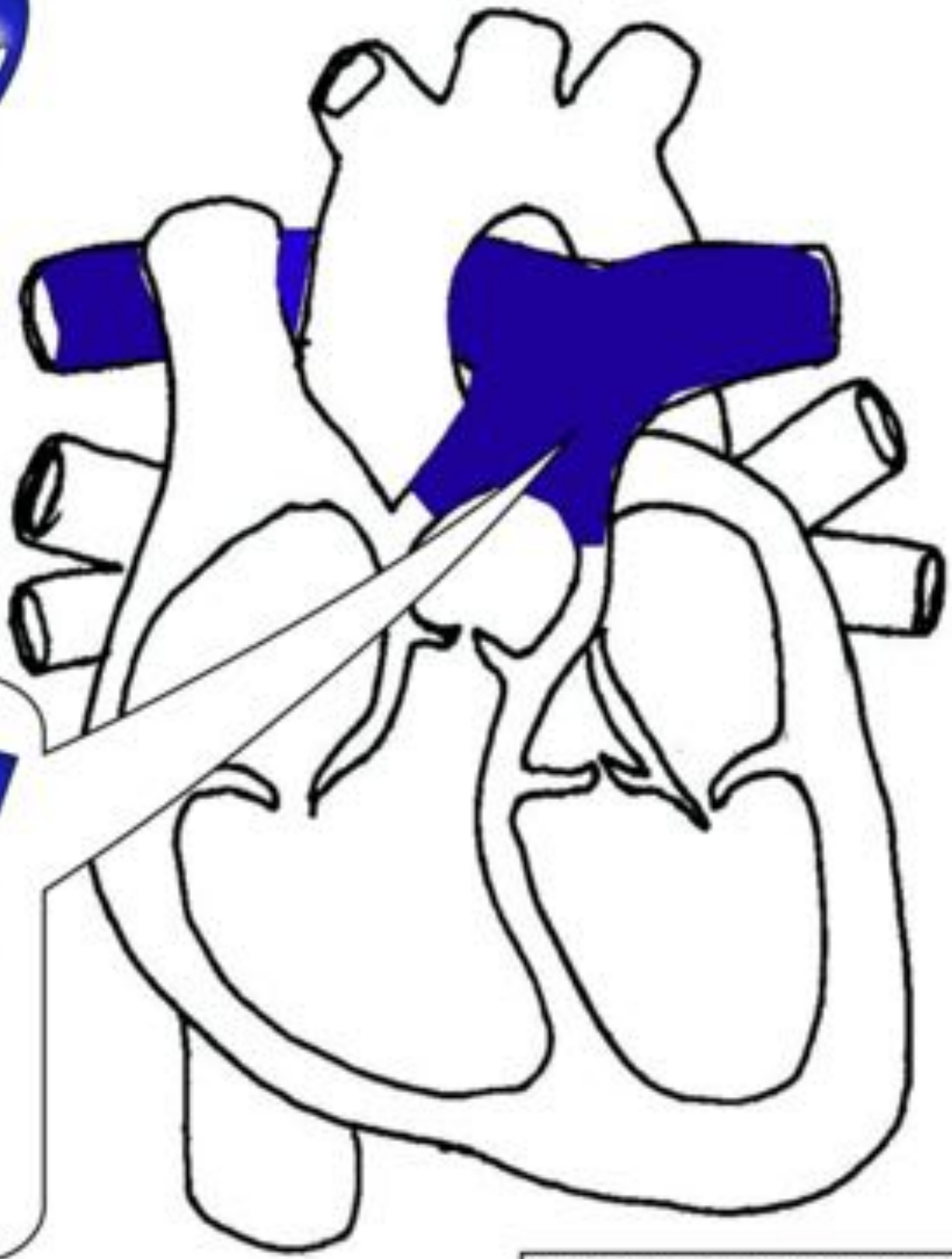


RIGHT VENTRICLE

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

A HEALTHY HEART STARTS WITH A GOOD BREAKFAST

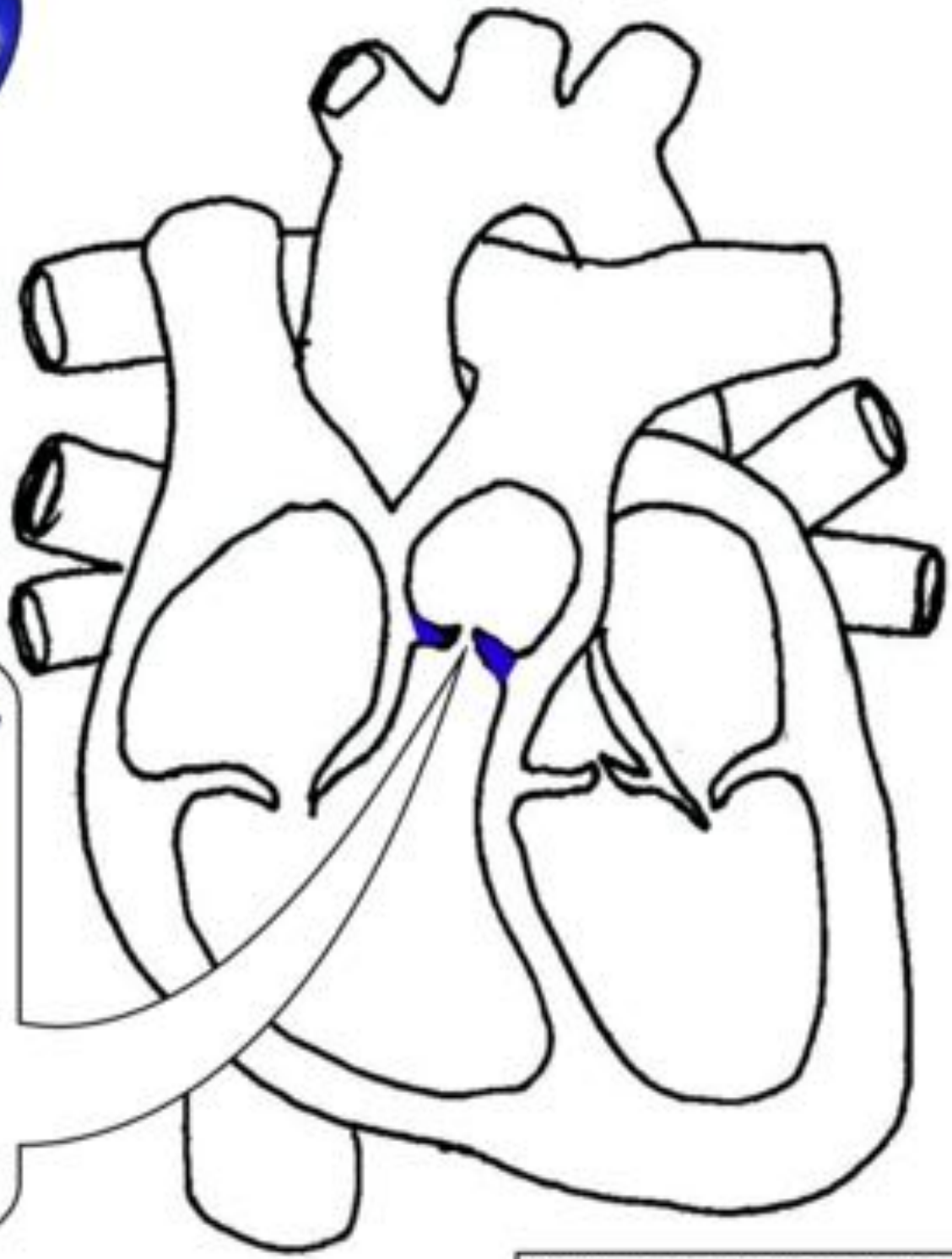


PULMONARY ARTERY

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

THE HEART IS THE MOST IMPORTANT MUSCLE

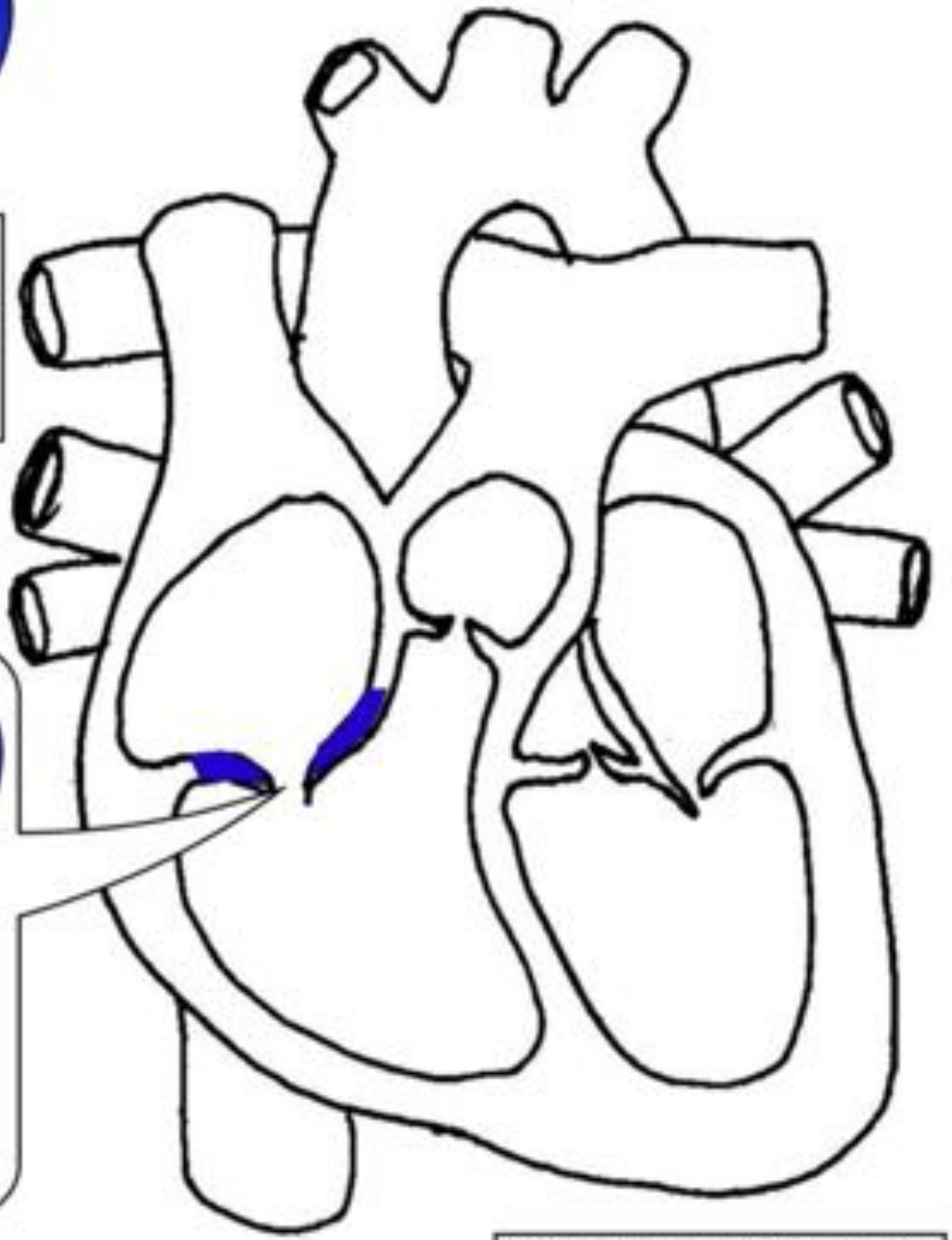


PULMONARY VALVE

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

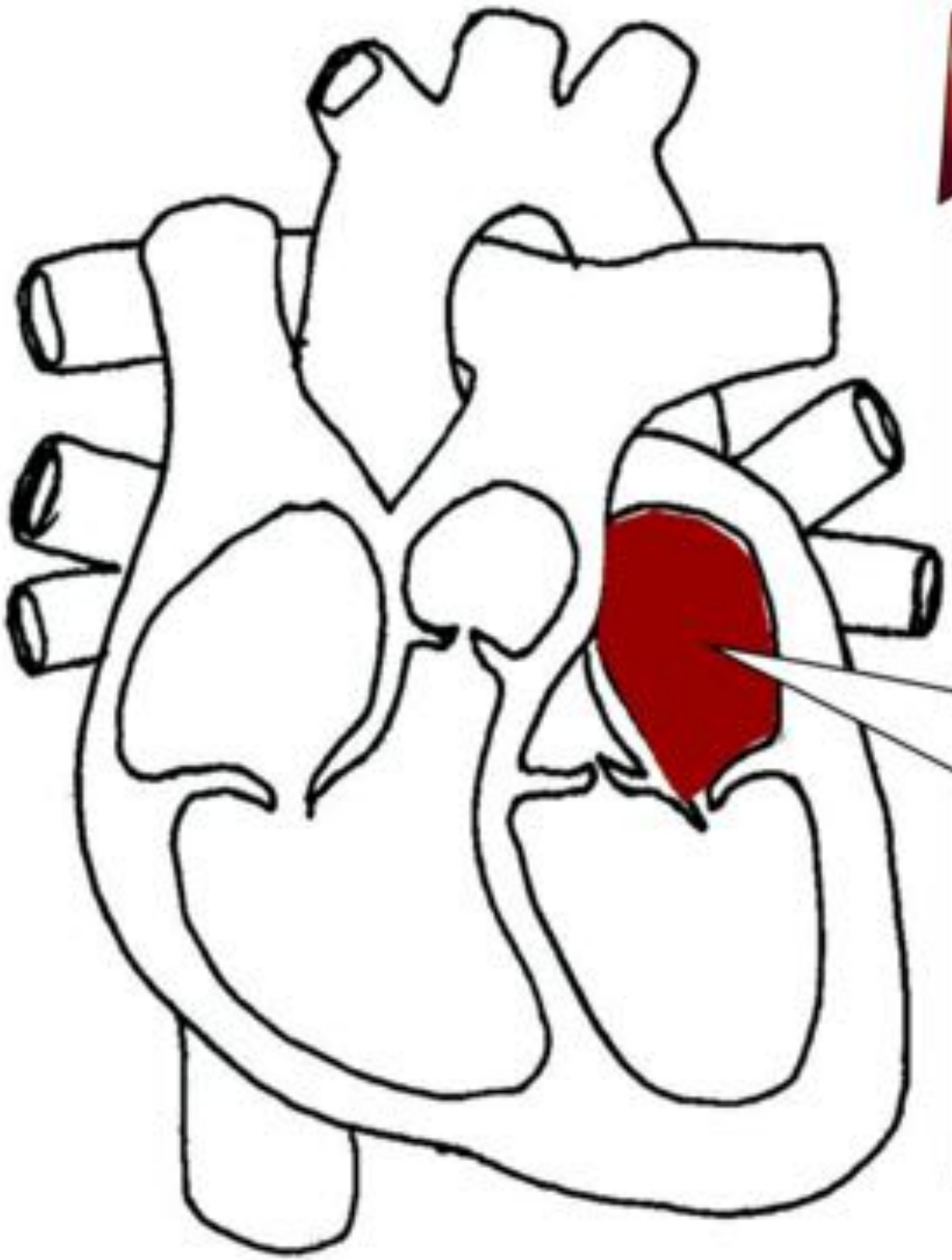
THINK OF THE DIFFERENT WAYS YOU CAN STAY ACTIVE



TRICUSPID VALVE

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP



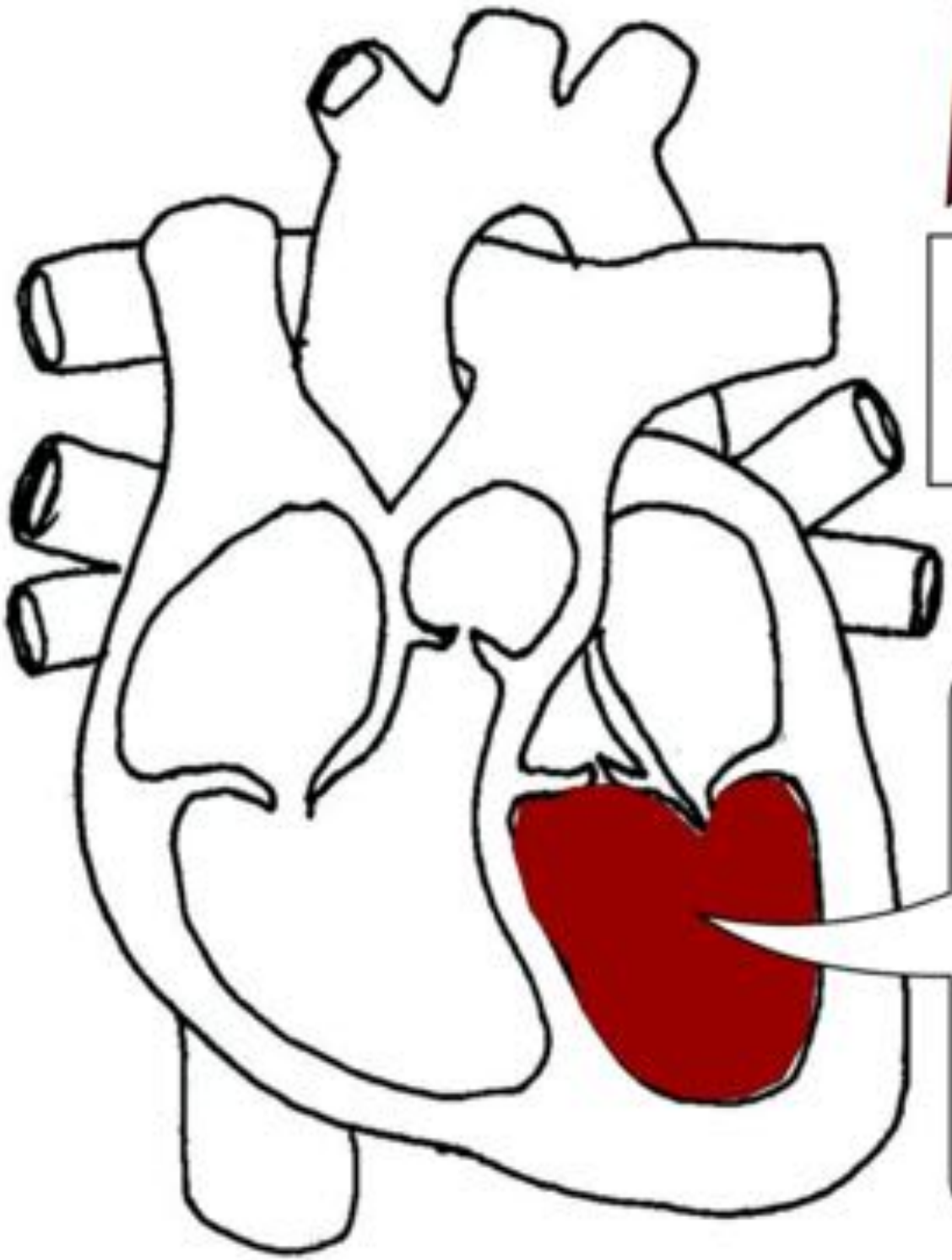
KEEP YOUR HEART HEALTHY BY EATING LOTS OF WHOLE GRAINS

LEFT ATRIUM

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

LIMIT THE AMOUNT OF SOFT DRINKS YOU CONSUME

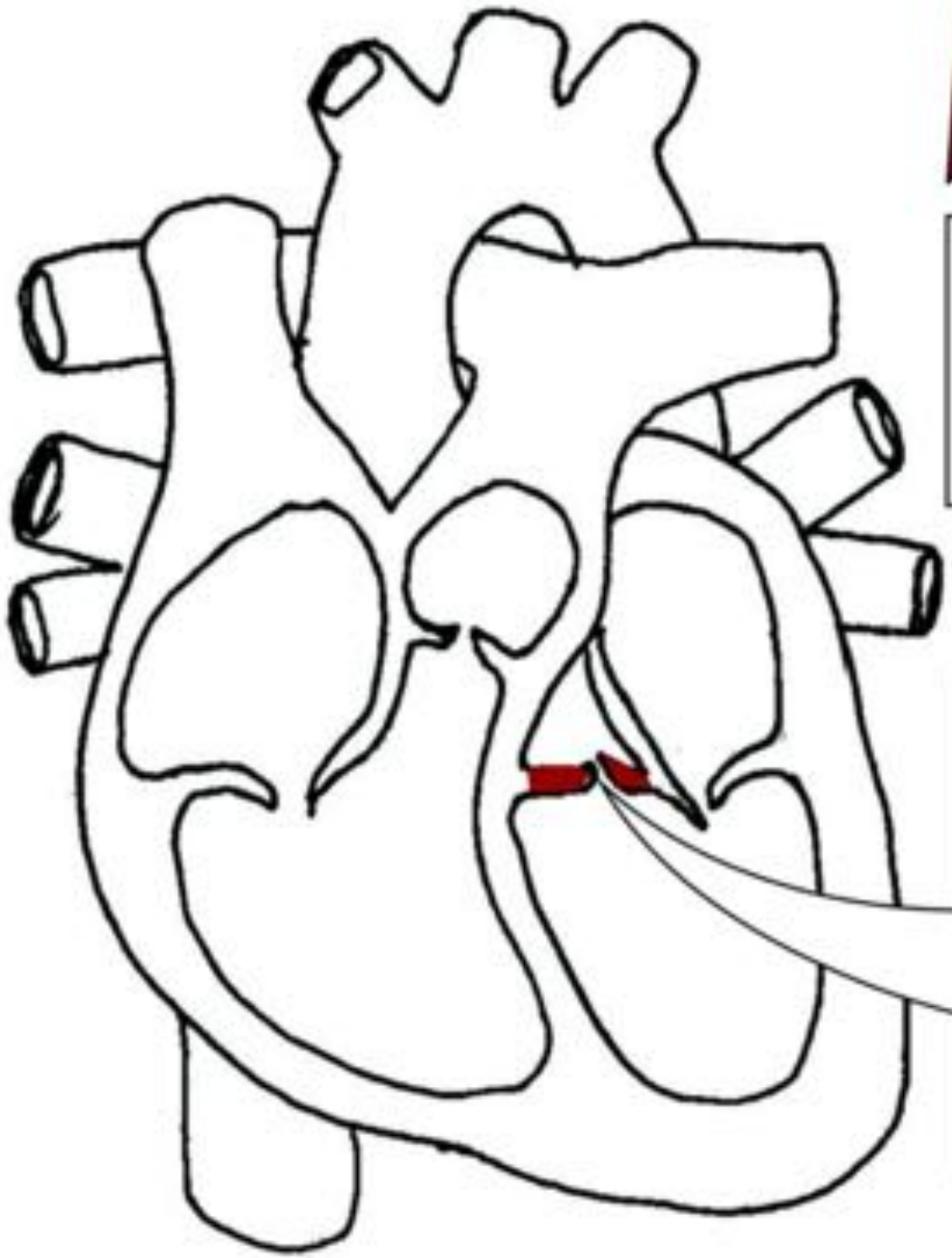


LEFT VENTRICLE

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

GET YOUR HEART CHECK BY THE DOCTOR ONCE A YEAR

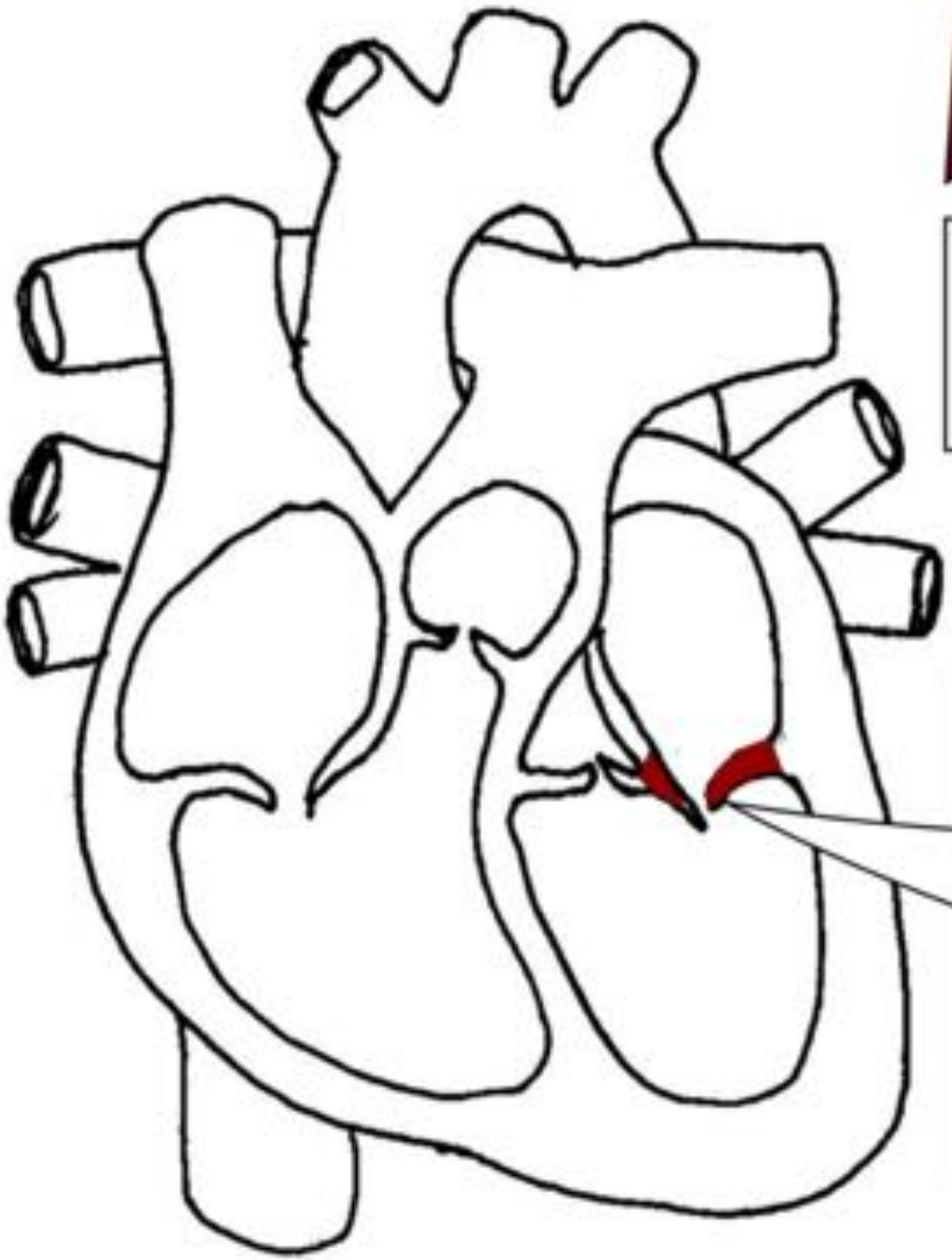


AORTIC VALVE

CREATED BY: BENJAMIN PIRILLO

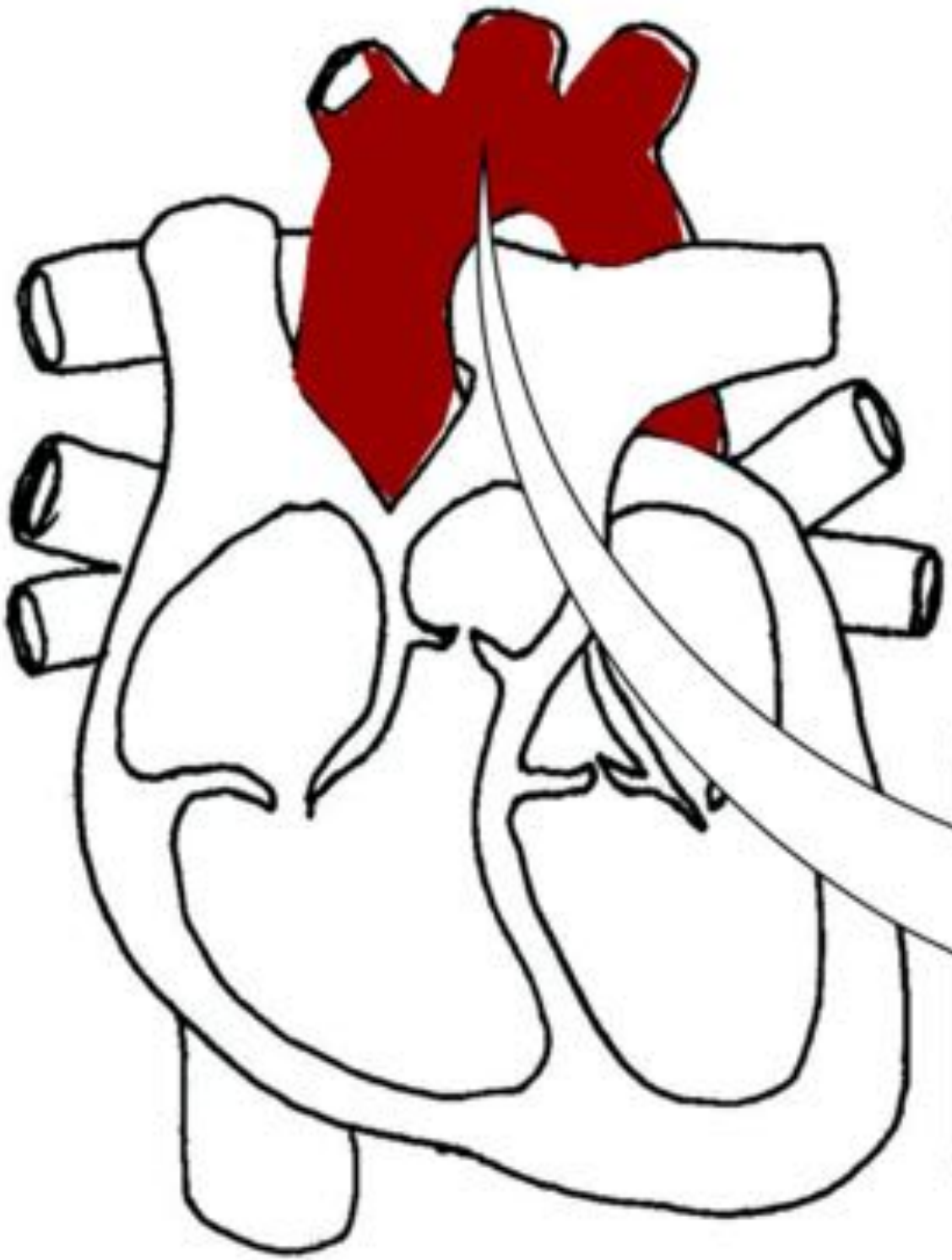
HEALTHY HEART TIP

BE SURE TO EAT PLENTY OF FRUITS AND VEGETABLES



MITRAL VALVE

CREATED BY: BENJAMIN PIRILLO



HEALTHY HEART TIP

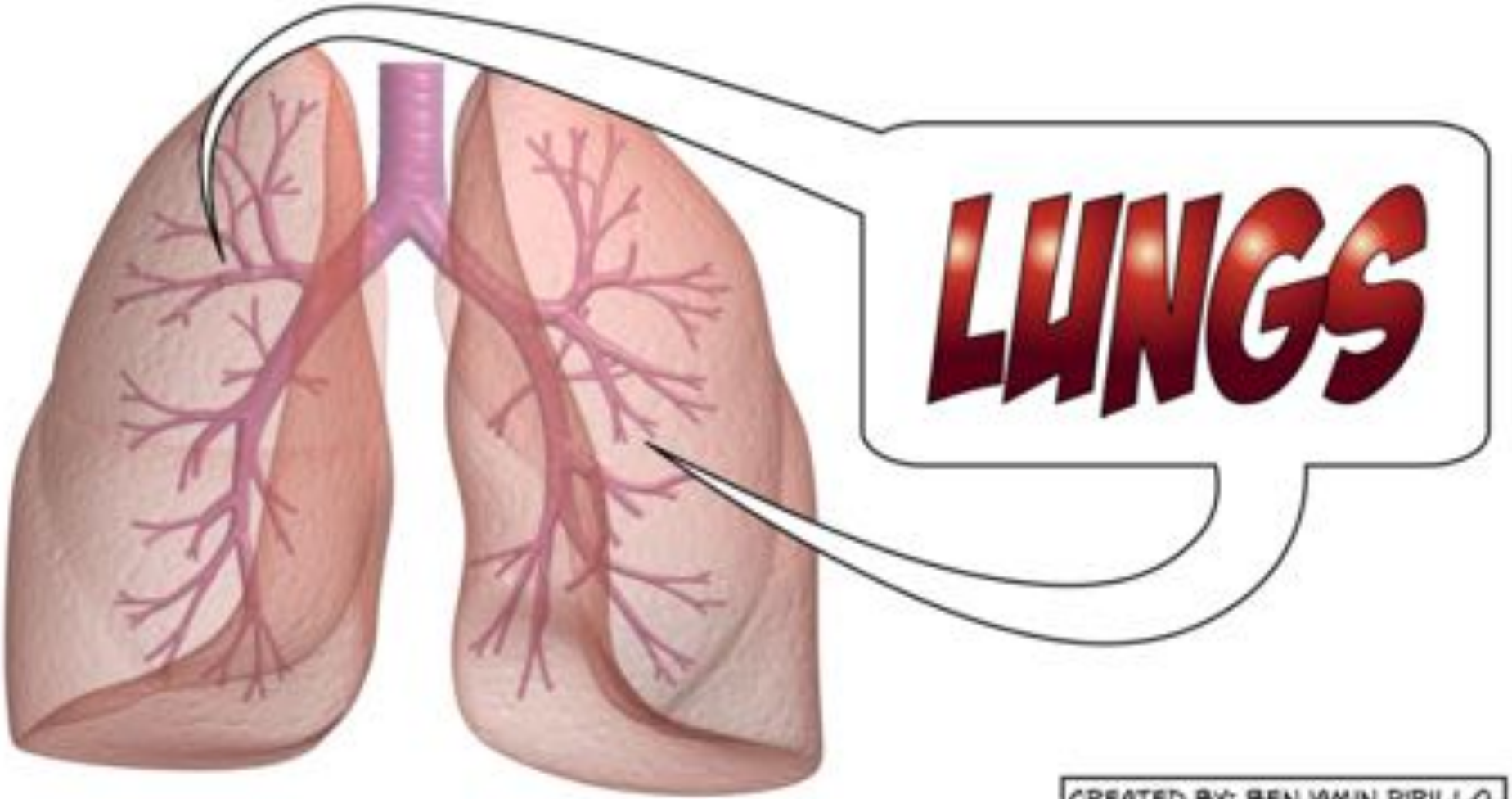
REDUCE THE AMOUNTS OF SUGARY FOOD YOU EAT

AORTA

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

YOUR BODY NEEDS OXYGEN IN ORDER TO WORK PROPERLY



CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

GET UP AND ACTIVE FOR AT LEAST 60 MINUTES A DAY

BODY

CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

YOUR BLOOD IS LIKE A DELIVERY SERVICE CARRYING THE OXYGEN TO CERTAIN LOCATIONS

BRAIN

CREATED BY: BENJAMIN PIRILLO