Love Your Heart

Enjoy these Valentine’s activities for a happy, healthy heart

Volunteer to help others. Giving back is a healthy treat that will boost your mood and beat stress.

Exercise. Take a walk to get your heart pumping. Try something new, either with a loved one, or on your own.

Have some dark chocolate. Enjoy the health benefits while minimizing the added sugar.

Relax. Take some time to rest and re-energize. It’s good for you!

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