

# TIP OF THE WEEK



## 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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