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## **heart health box set pdf**

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## **Heart Health Box Set: Simple Lifestyle Changes to Reverse**

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## **Office of Prevention, Education, and Control Honoring the**

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## **Heart Health Box Set: Simple Lifestyle Changes to Reverse**

This book outlines 20 healthy and simple lifestyle changes that can eradicate heart disease, and it also tells how to increase energy and reach health-related goals. Easy to implement, effective and side effect free, these healthy habits can help anyone improve their health for today and for many years to come.

## **Heart Health Box Set: Simple Lifestyle Changes to Reverse**

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My Heart-Check Small Steps This week I will add these heart-healthy items to my grocery list: 1. 2. 3.

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Monitoring your weight daily will help you to manage your heart failure and will show if your treatment plan is working. Blood Pressure Use this calendar to keep track of your blood pressure on a daily basis. Check your blood pressure each day and document it on the My Heart Health Daily Tracker on page 5.

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