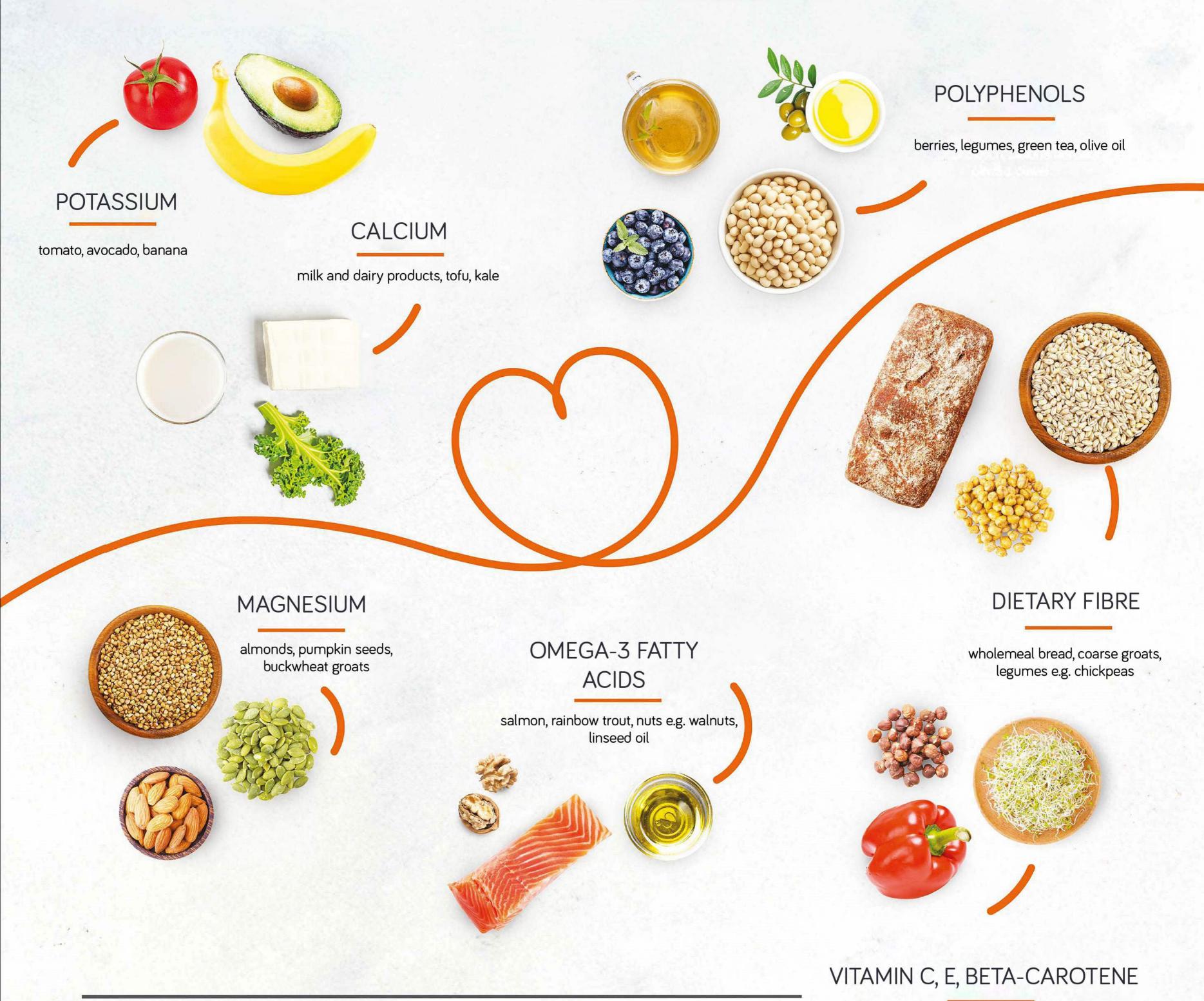
## SUPPORT YOUR HEART EVERY DAY





## Healthy habits for your heart

bell pepper, nuts e.g. hazelnuts, sprouts

- balanced diet
- regular physical activity
- proper quantity and quality of sleep
- regular preventive examinations
- coping with stress
- resignation from stimulants (e.g. alcohol, cigarettes)





