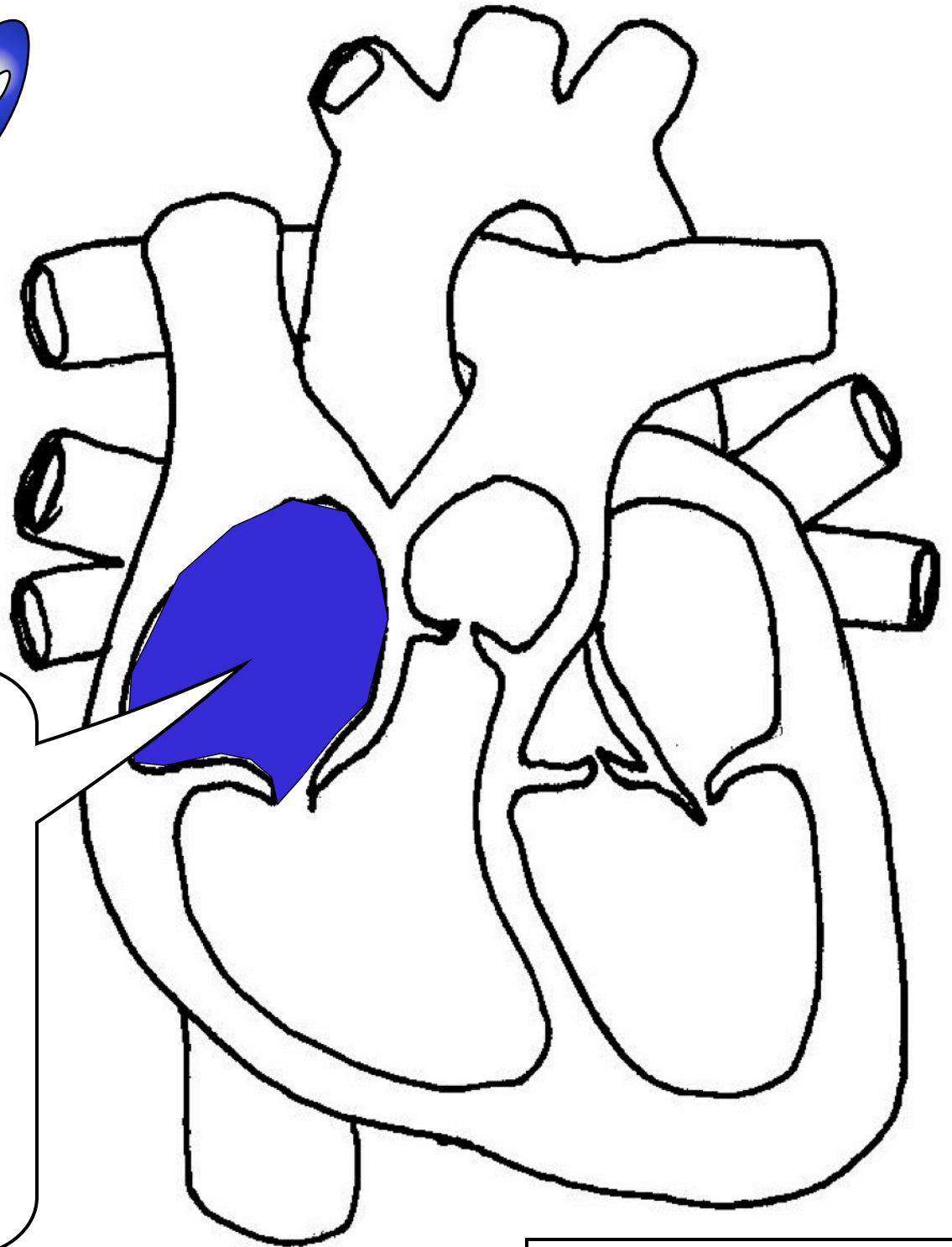


HEALTHY HEART TIP

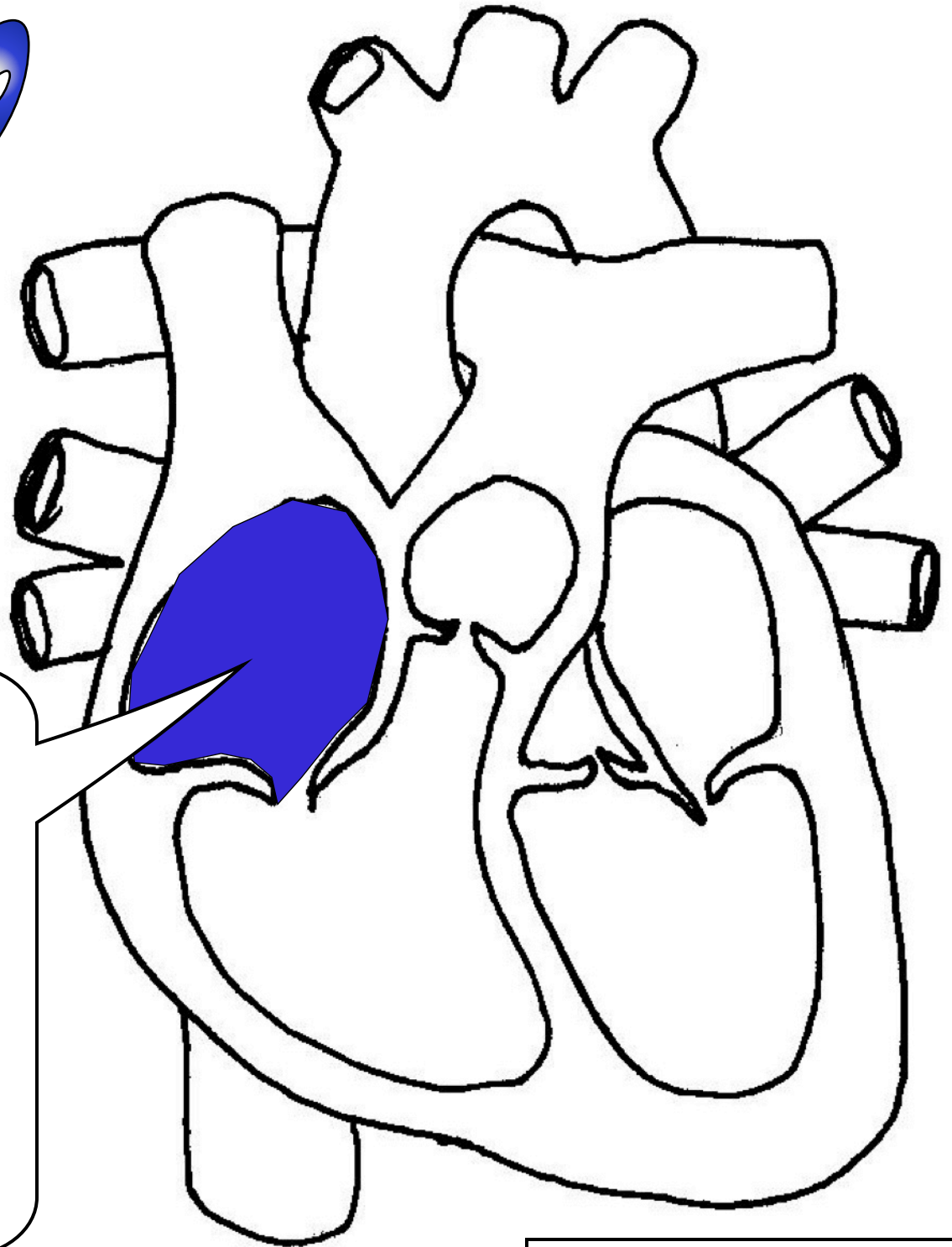
EAT A HEART-HEALTHY DIET



WHAT CHAMBER

HEALTHY HEART TIP

EAT A HEART-HEALTHY DIET

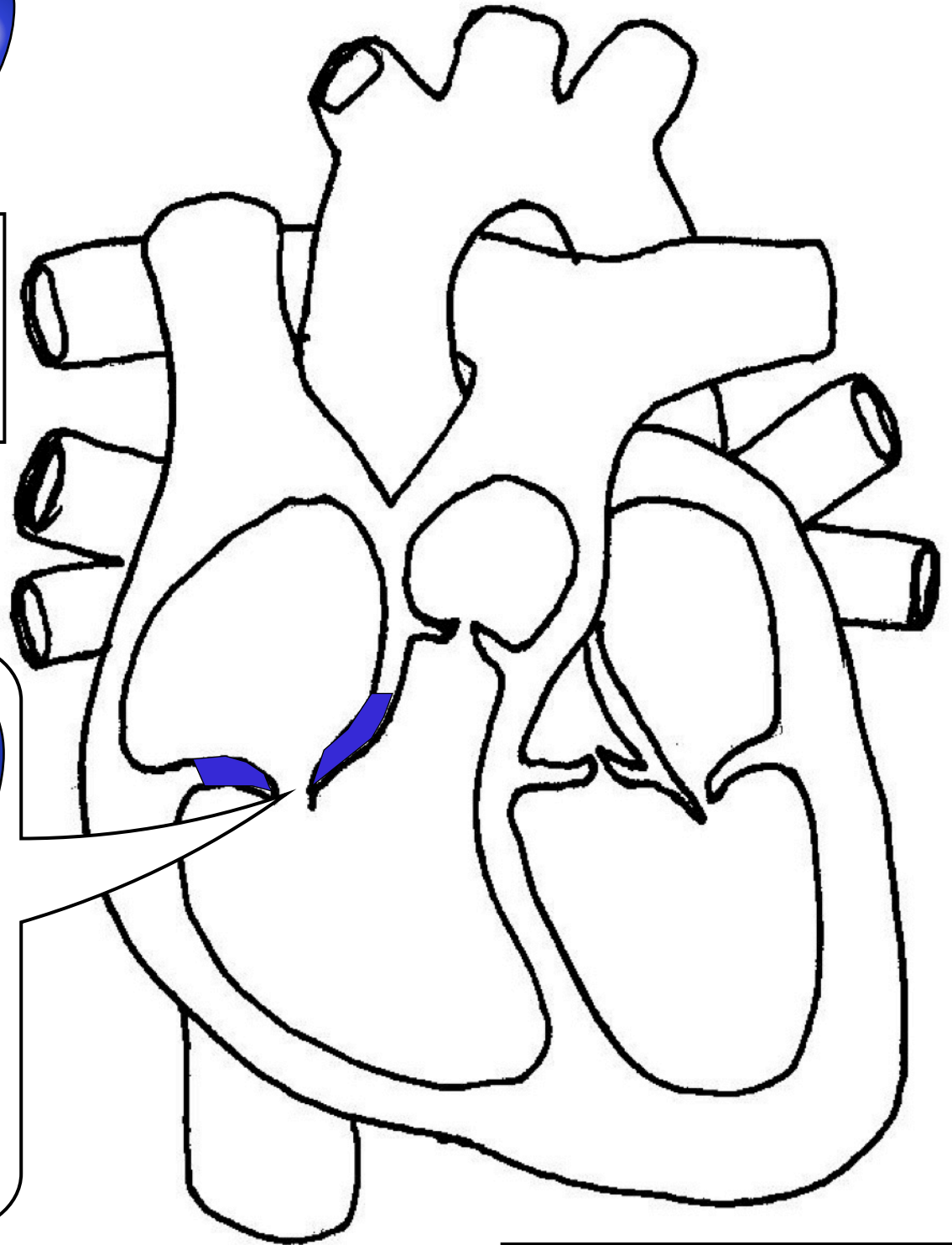


**RIGHT
ATRIUM**

HEALTHY HEART TIP

THINK OF THE
DIFFERENT WAYS YOU
CAN STAY ACTIVE

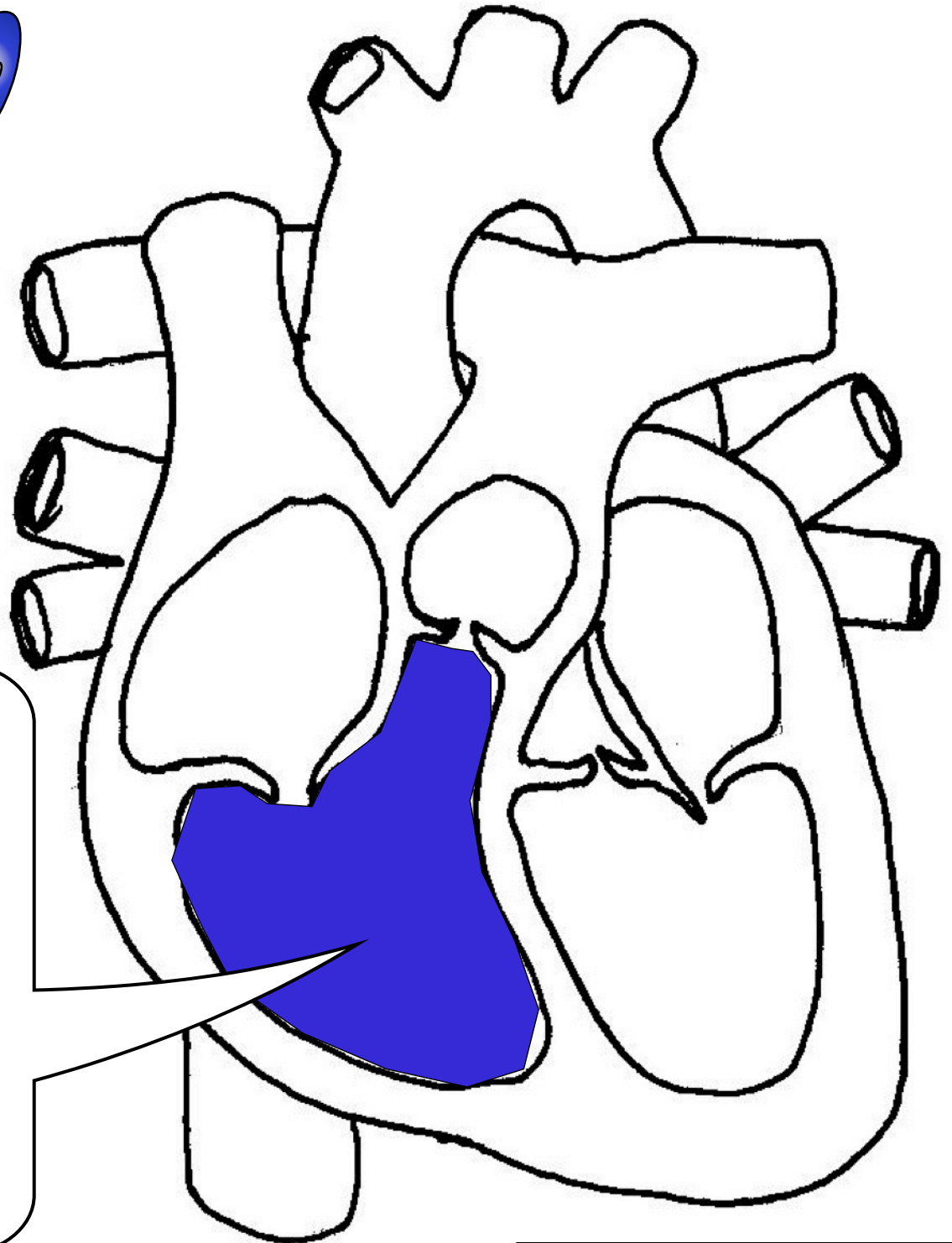
TRICUSPID VALVE



CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

TRY TO BE
PHYSICALLY ACTIVE
EVERY DAY!

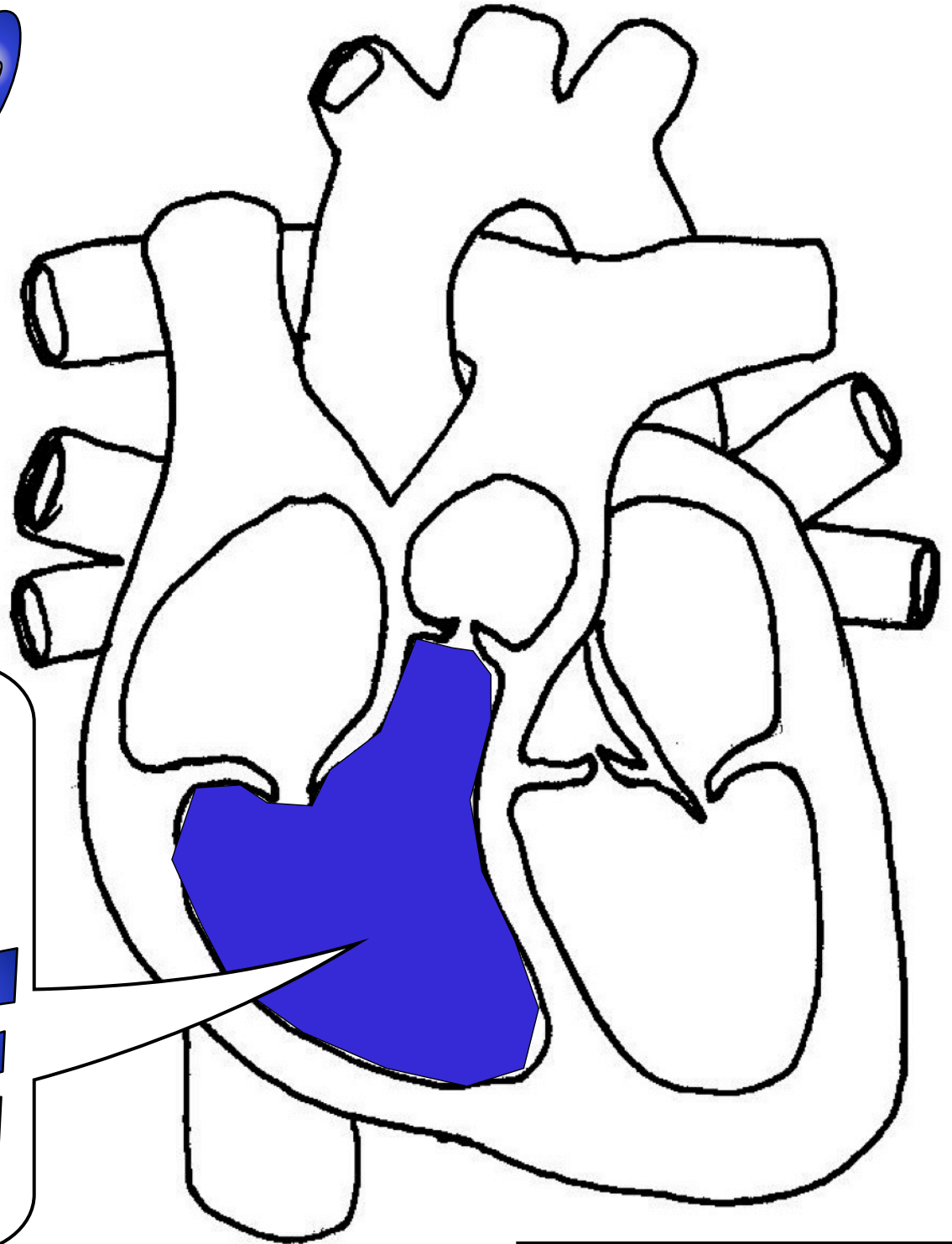


WHAT CHAMBER

HEALTHY HEART TIP

TRY TO BE
PHYSICALLY ACTIVE
EVERY DAY!

**RIGHT
VENTRICLE**

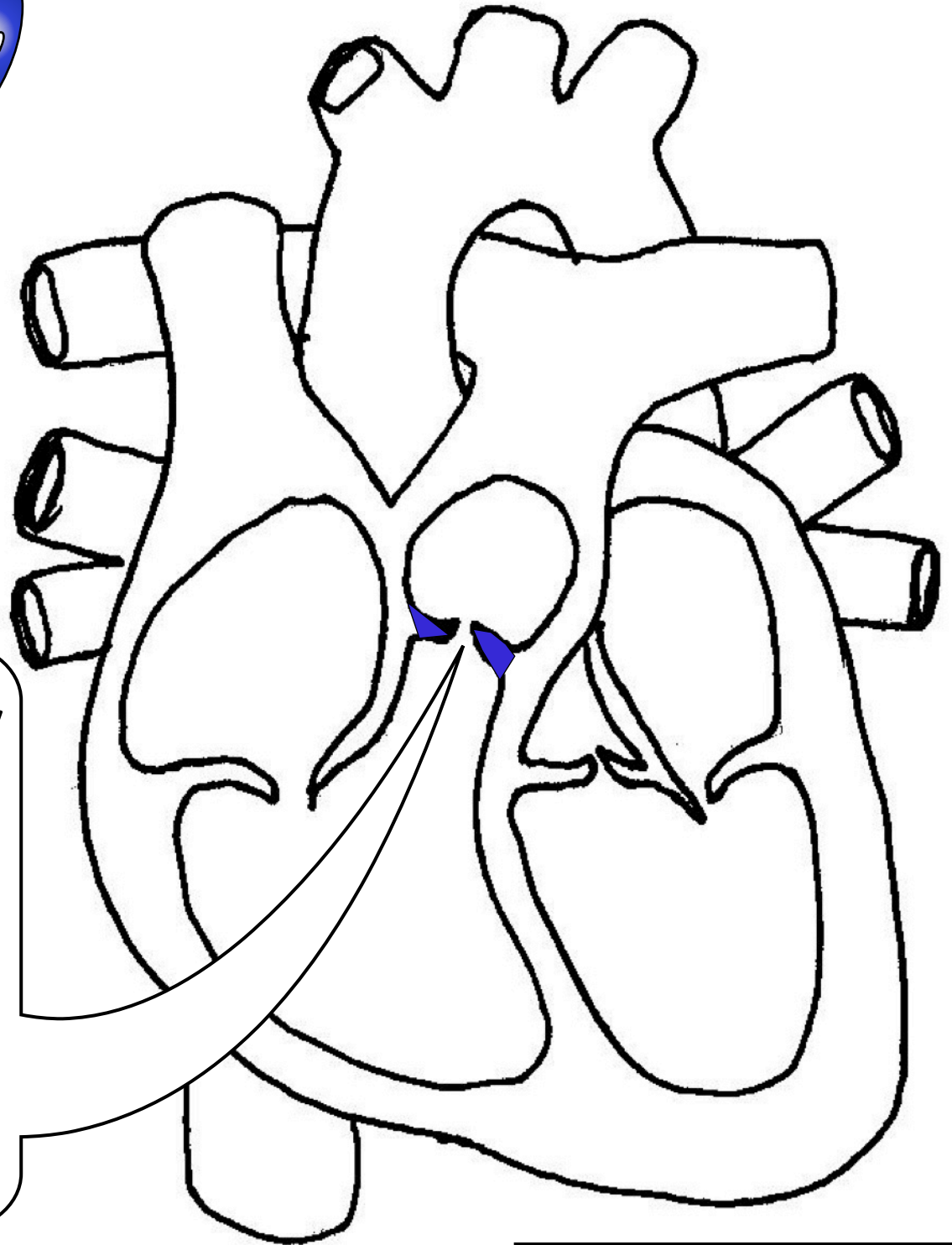


CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

THE HEART IS THE
MOST IMPORTANT
MUSCLE

PULMONARY VALVE

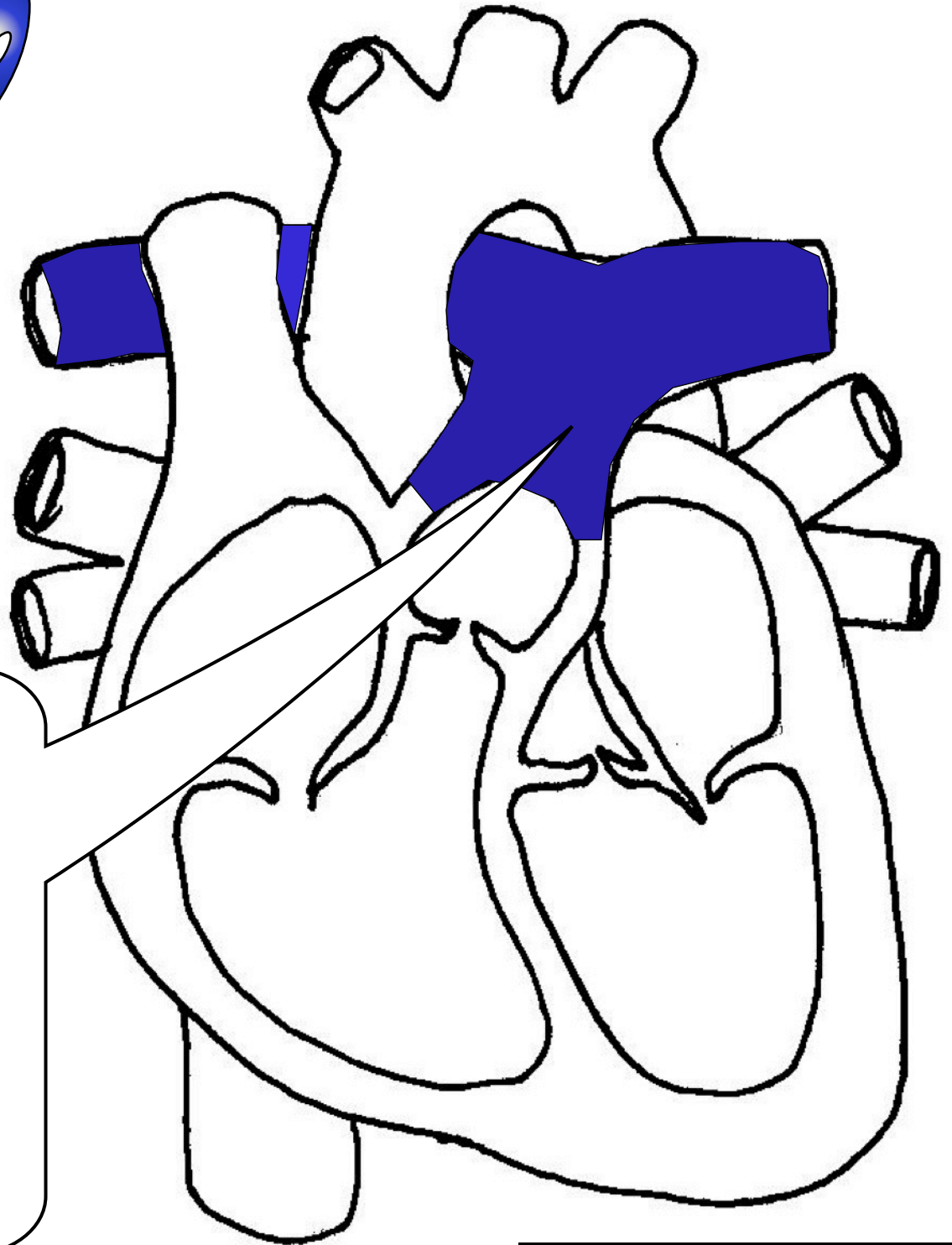


CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

A HEALTHY HEART
STARTS WITH A
GOOD BREAKFAST

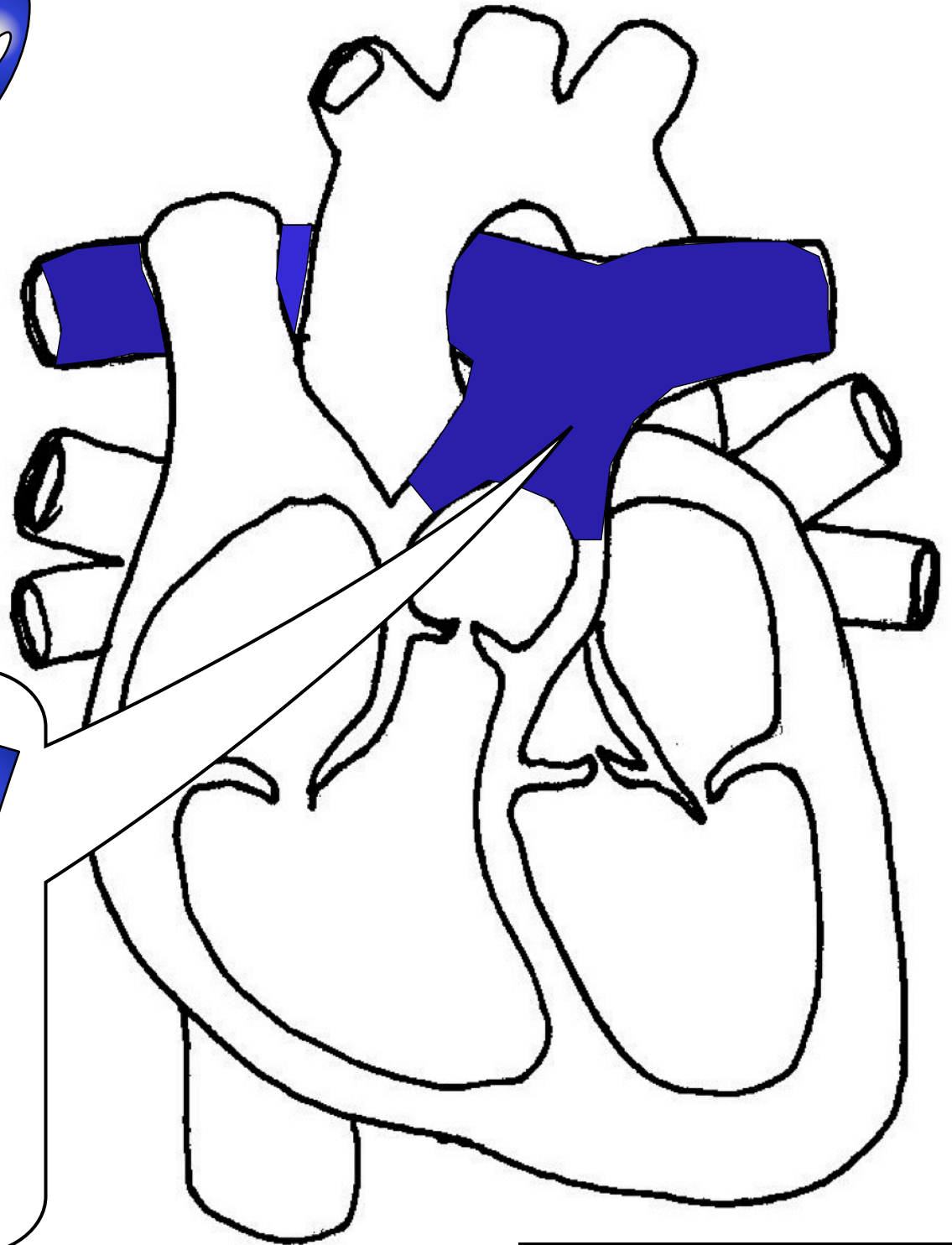
WHAT'S
THIS



CREATED BY: BENJAMIN PIRILLO

HEALTHY HEART TIP

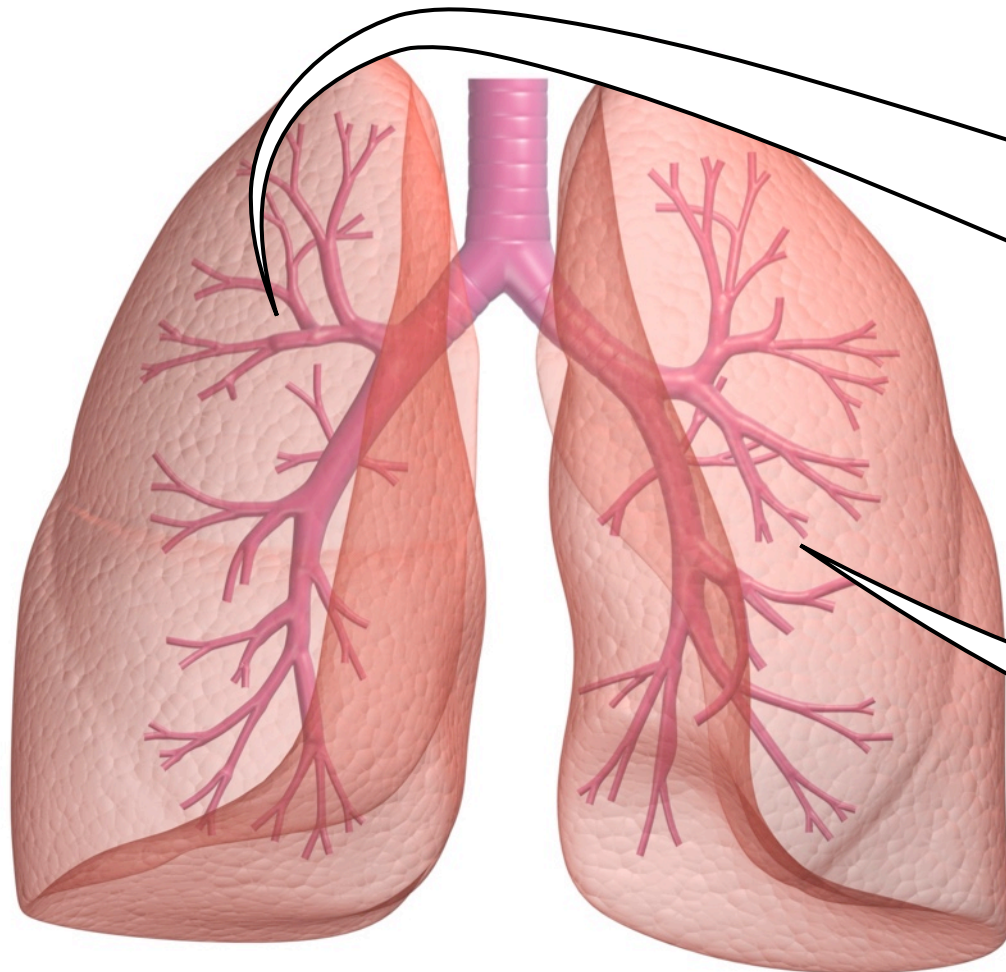
A HEALTHY HEART
STARTS WITH A
GOOD BREAKFAST



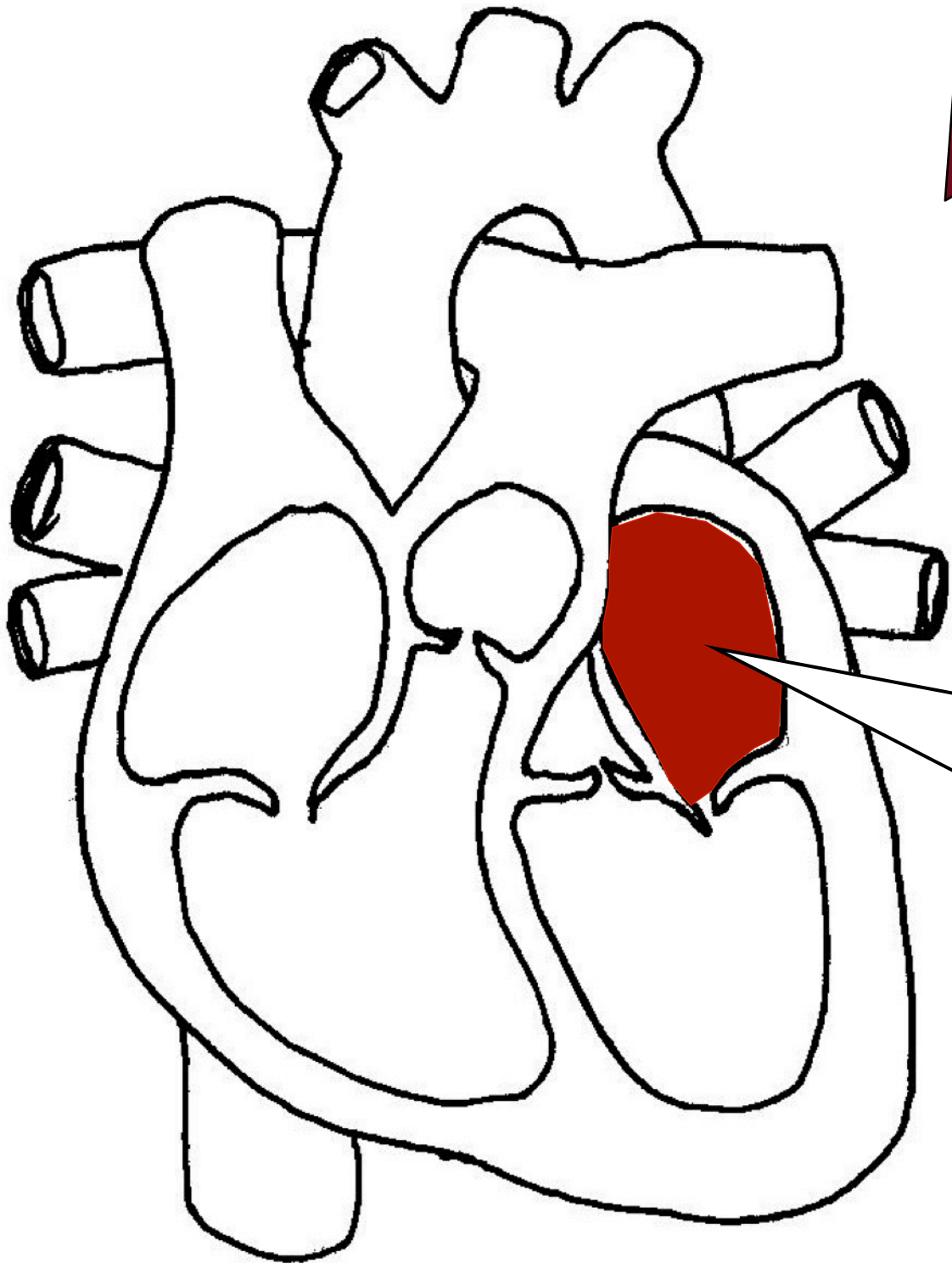
**PULMONARY
ARTERY**

HEALTHY HEART TIP

YOUR BODY NEEDS OXYGEN IN ORDER
TO WORK PROPERLY



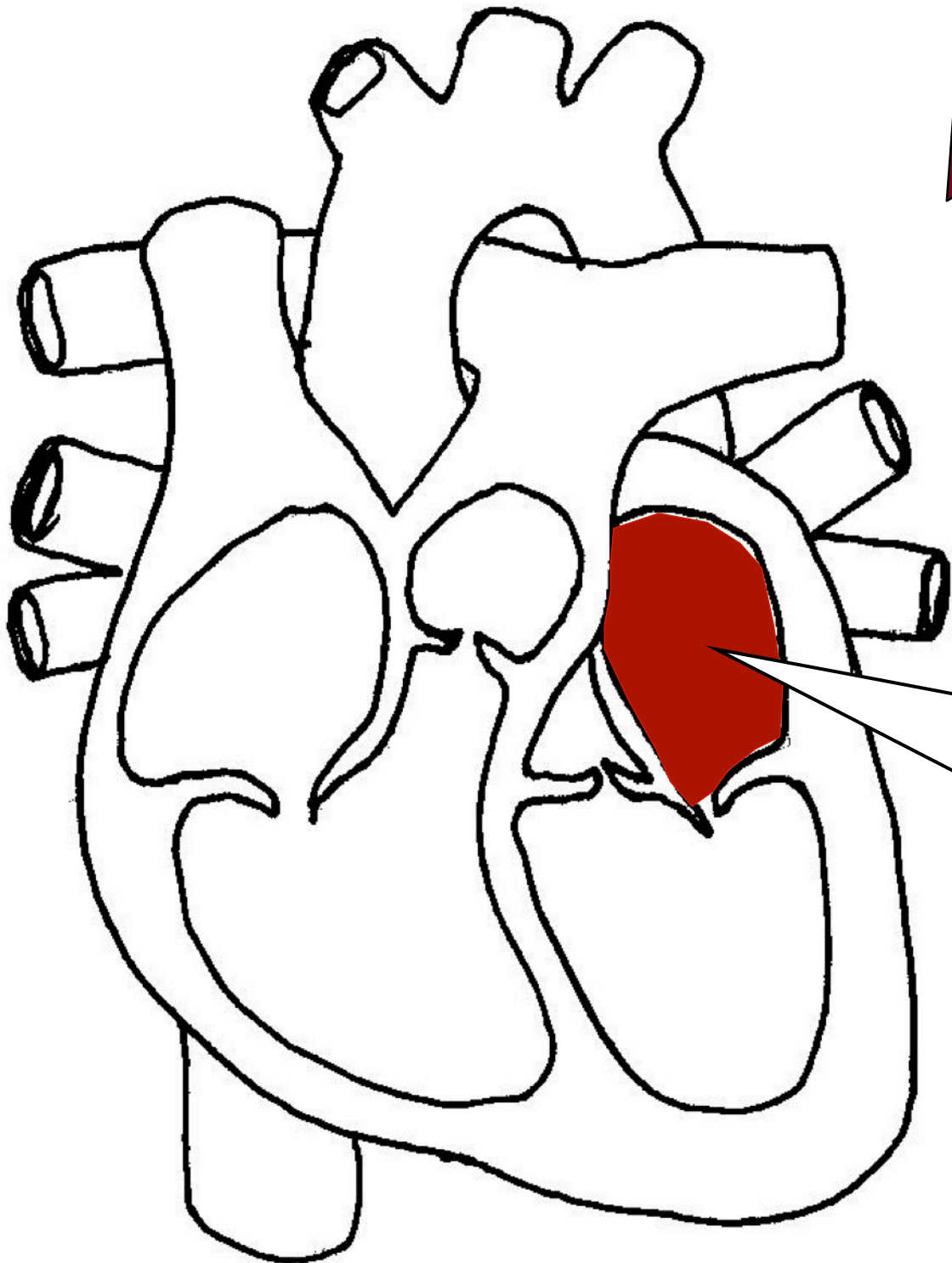
LUNGS



HEALTHY HEART TIP

KEEP YOUR HEART
HEALTHY BY EATING
LOTS OF WHOLE
GRAINS

**WHAT
CHAMBER**



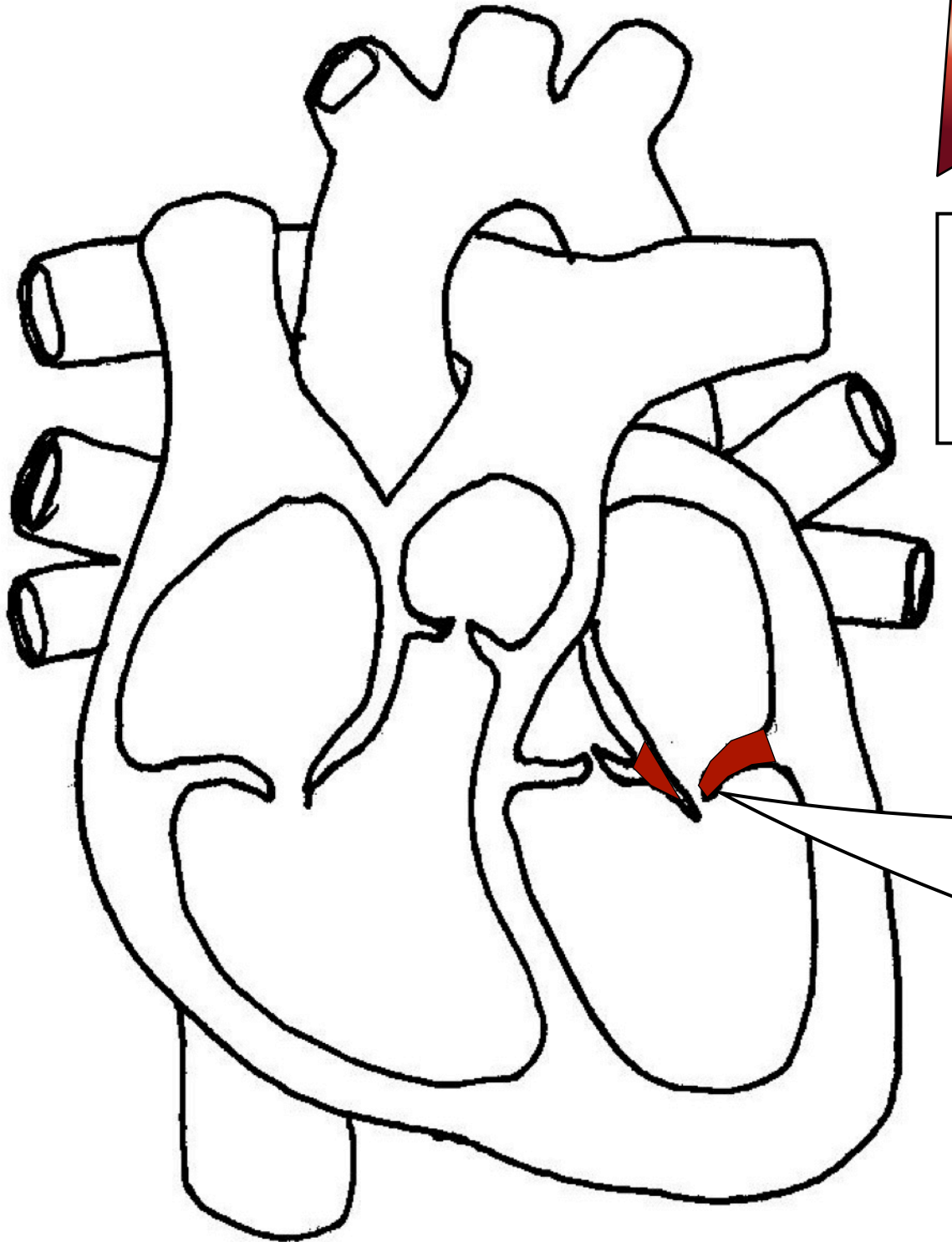
HEALTHY HEART TIP

KEEP YOUR HEART
HEALTHY BY EATING
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GRAINS

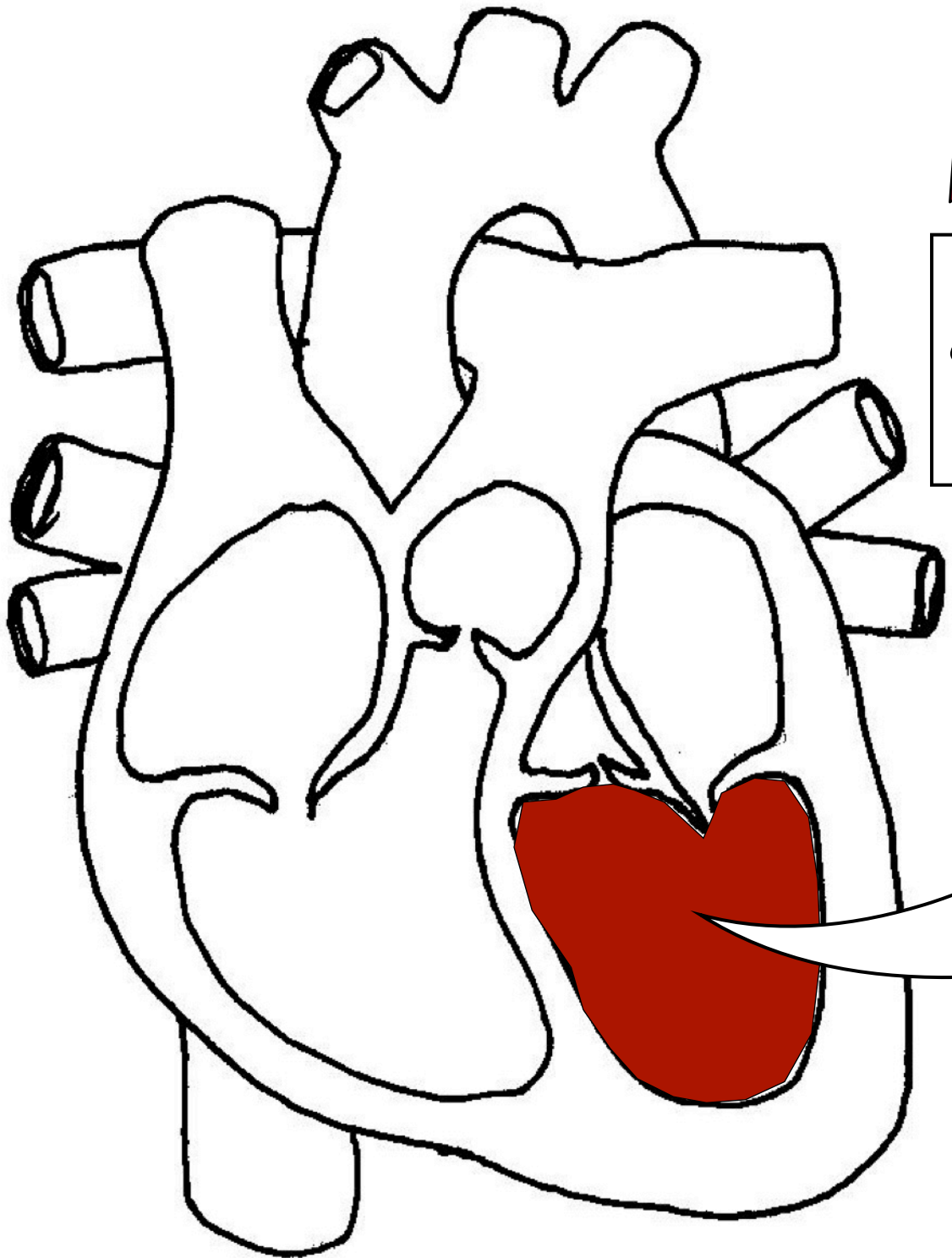
**LEFT
ATRIUM**

HEALTHY HEART TIP

BE SURE TO EAT
PLENTY OF FRUITS
AND VEGETABLES



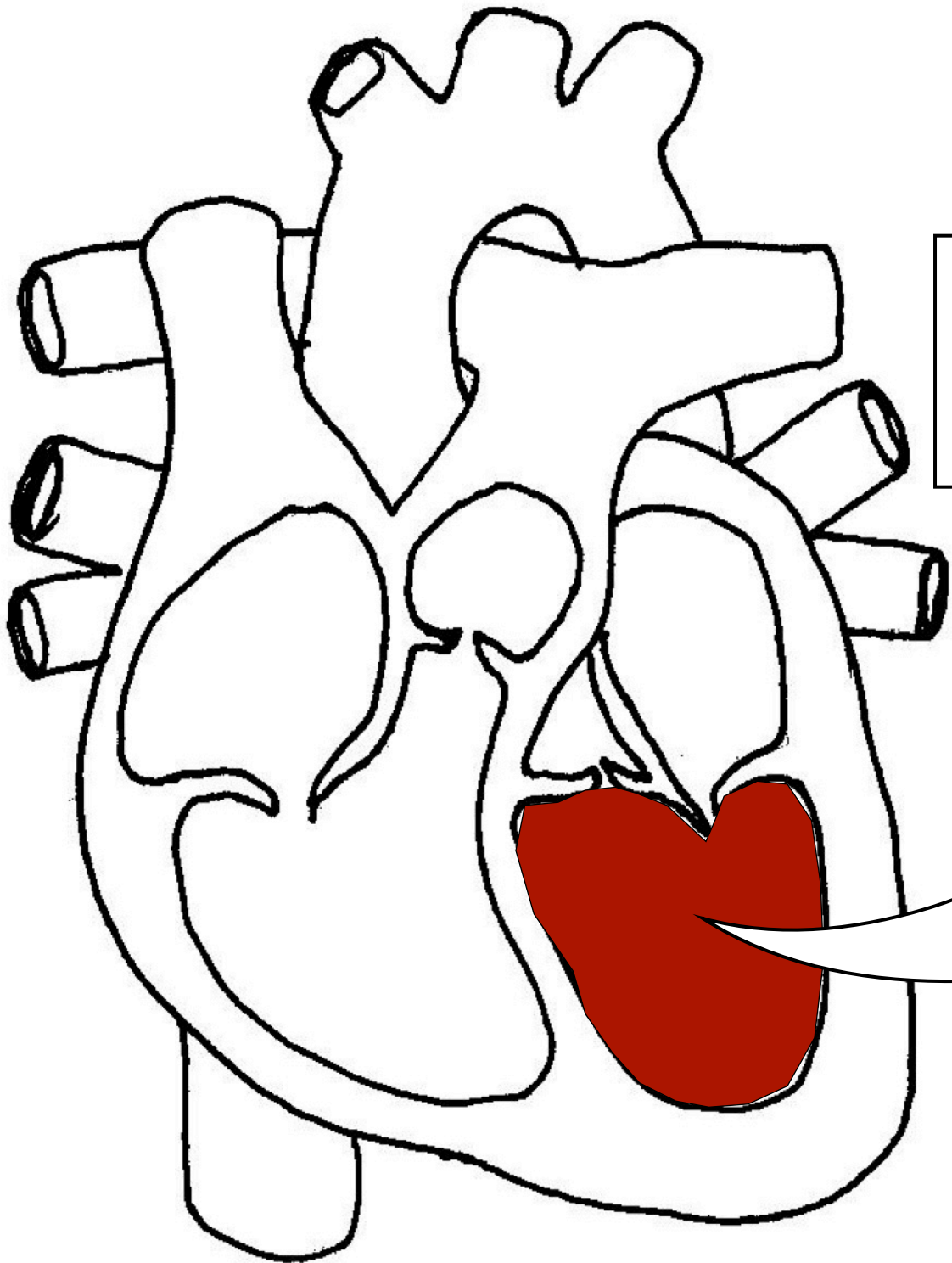
MITRAL VALVE



HEALTHY HEART TIP

LIMIT THE AMOUNT
OF SOFT DRINKS YOU
CONSUME

WHAT
CHAMBER



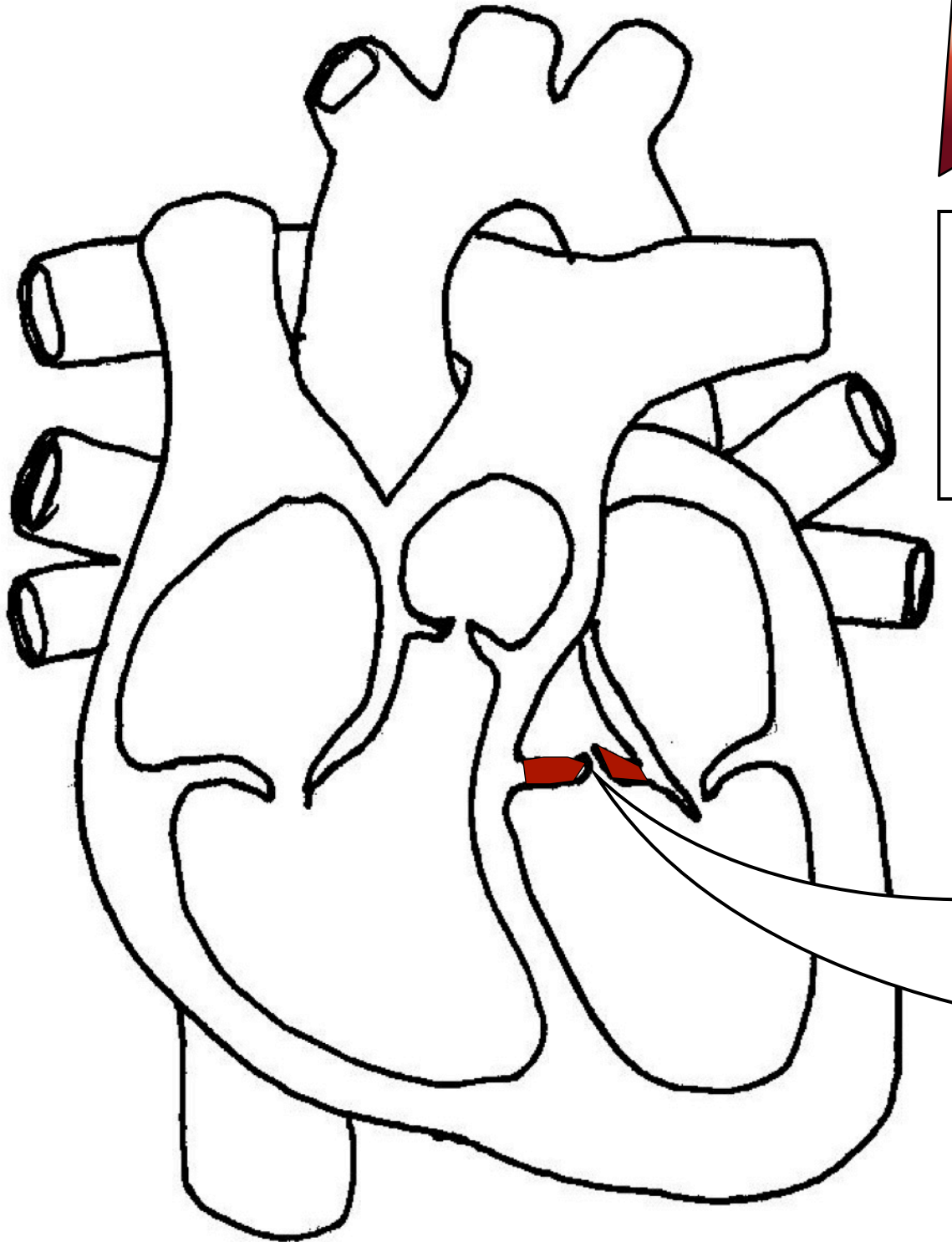
HEALTHY HEART TIP

LIMIT THE AMOUNT
OF SOFT DRINKS YOU
CONSUME

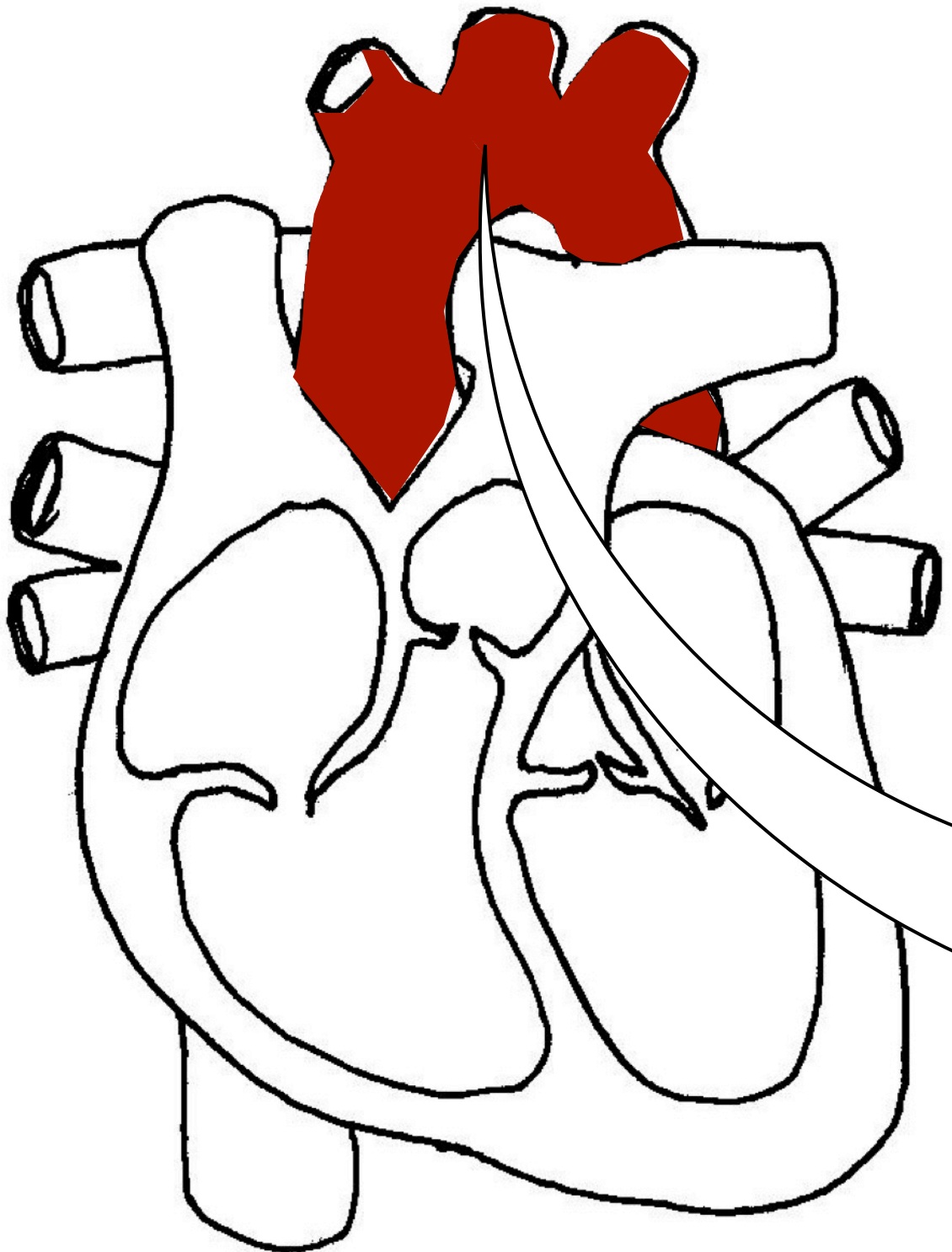
**LEFT
VENTRICLE**

HEALTHY HEART TIP

GET YOUR HEART
CHECK BY THE
DOCTOR ONCE A
YEAR



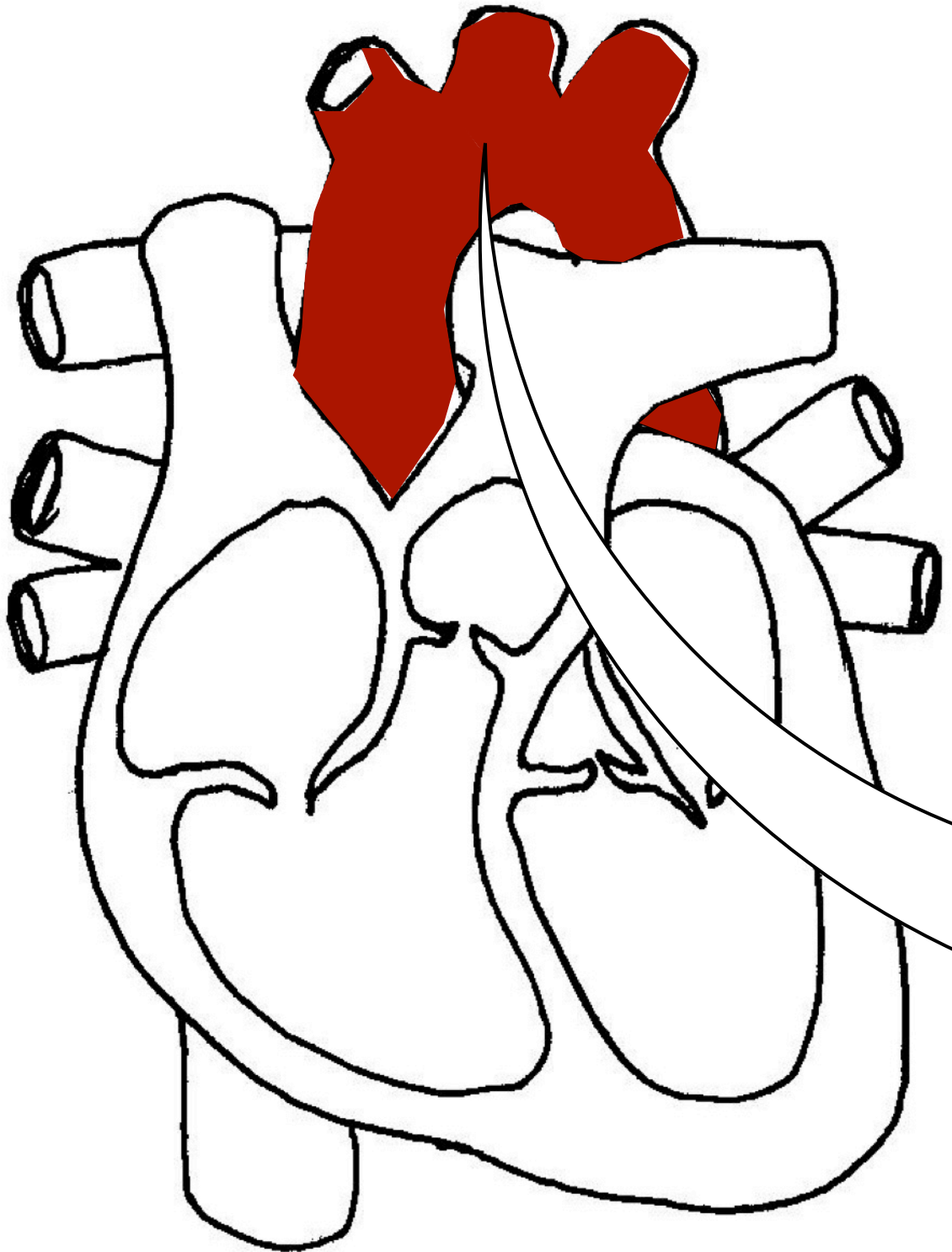
AORTIC VALVE



HEALTHY HEART TIP

REDUCE THE
AMOUNTS OF
SUGARY FOOD YOU
EAT

**WHAT'S
THIS**



HEALTHY HEART TIP

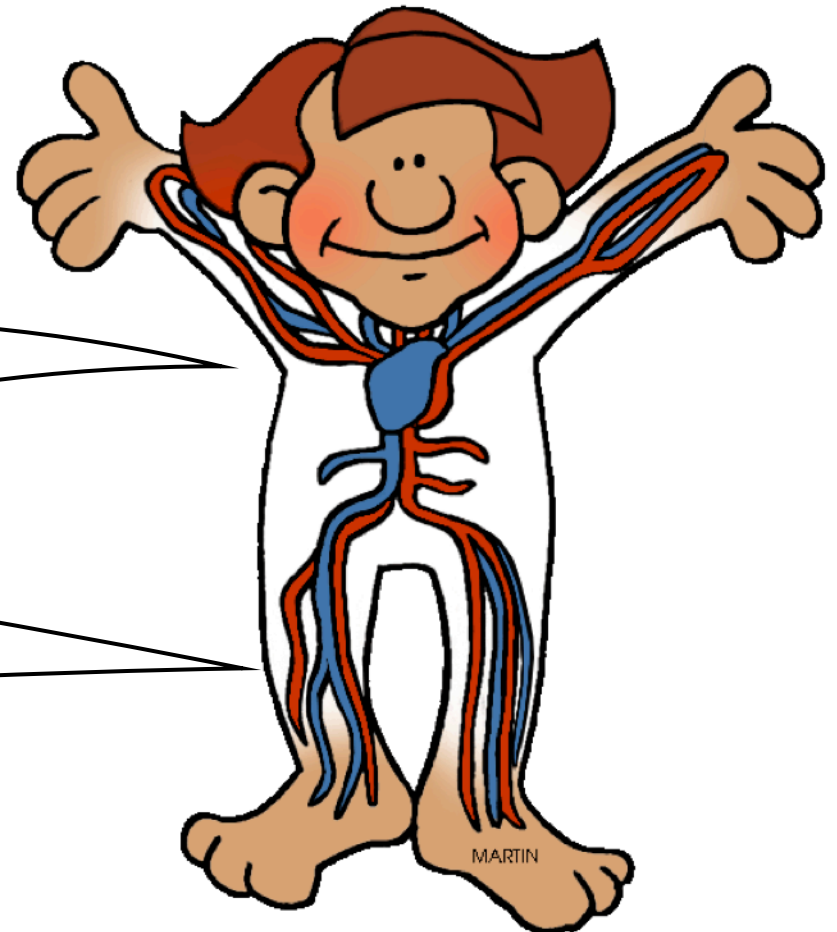
REDUCE THE
AMOUNTS OF
SUGARY FOOD YOU
EAT

AORTA

HEALTHY HEART TIP

GET UP AND ACTIVE FOR AT LEAST 60
MINUTES A DAY

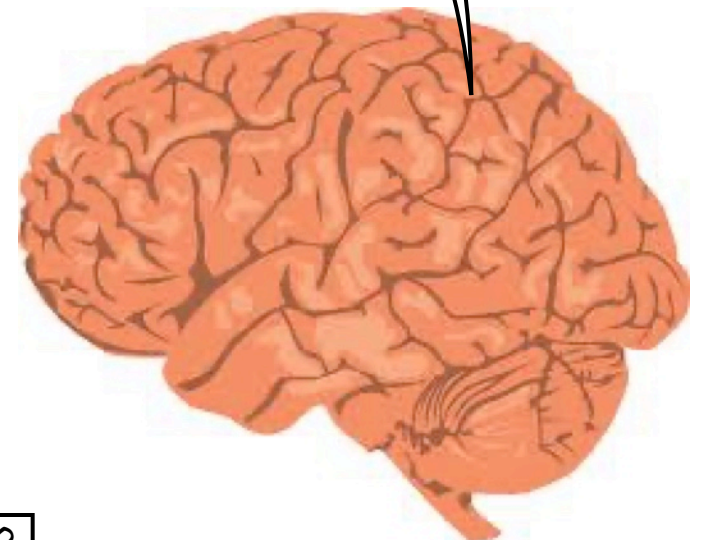
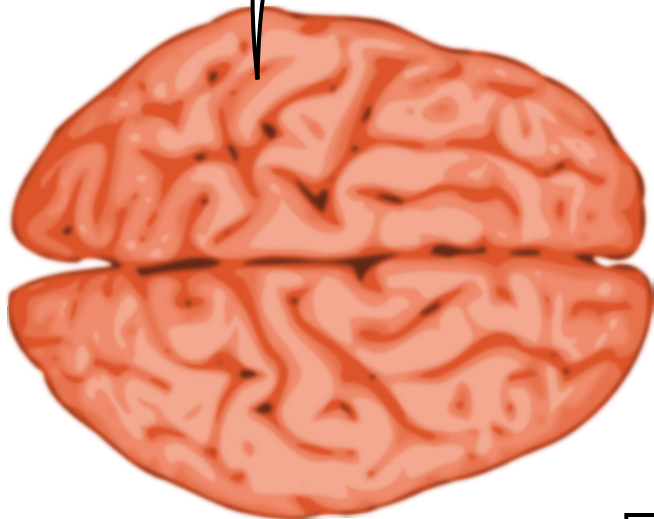
BODY



HEALTHY HEART TIP

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

BRAIN



CREATED BY: BENJAMIN PIRILLO