



**You can lower your  
risk for heart disease.**

Visit [livetothethebeat.org](http://livetothethebeat.org) for  
heart healthy tips and tricks  
based on your lifestyle.



CDC Foundation





**Take small steps to improve  
your heart health.**

Visit [livetothethebeat.org](http://livetothethebeat.org) for  
heart healthy tips and tricks  
based on your lifestyle.



CDC Foundation

