

It's Time to Be Kind to Your Heart

February is heart health month! Show your most important muscle some love and follow these tips for a heart-healthy diet plan.



- Limit unhealthy fat and cholesterol
- Reduce your sodium intake
- Load up on fruits, vegetables, and whole grains
- Go with low-fat proteins (like egg whites)
- Make a meal schedule

Need motivation to stay on track? Use Sharecare's trackers and when eight trackers are in the green, you score a green day! Get started by visiting mycare.sharecare.com!

