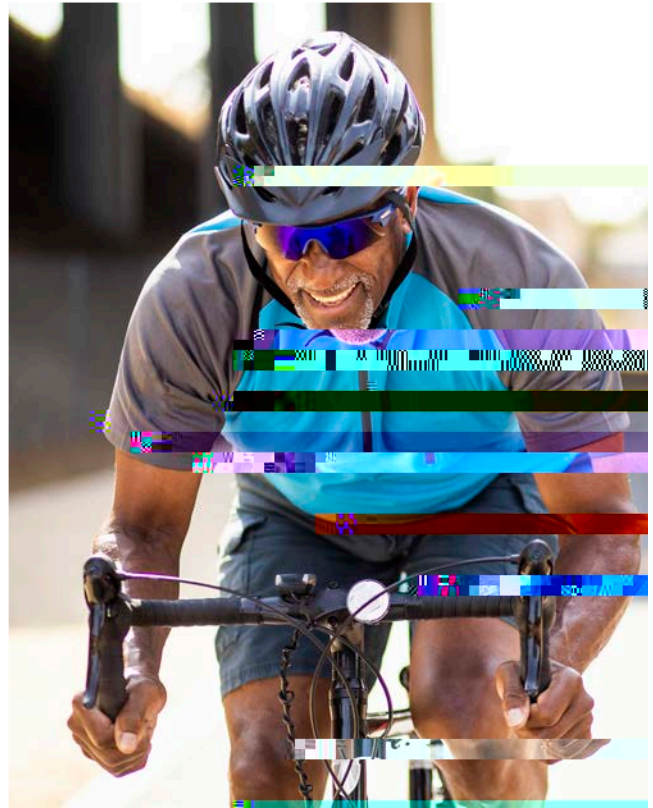






## How can I be more active?



1

2

3

*Heart Insight*

Do you have questions for your doctor or nurse?

**MY QUESTIONS:**

**Can I drink any alcohol?  
How often should I check my blood pressure?**

[heart.org/AnswersByHeart](https://heart.org/AnswersByHeart)