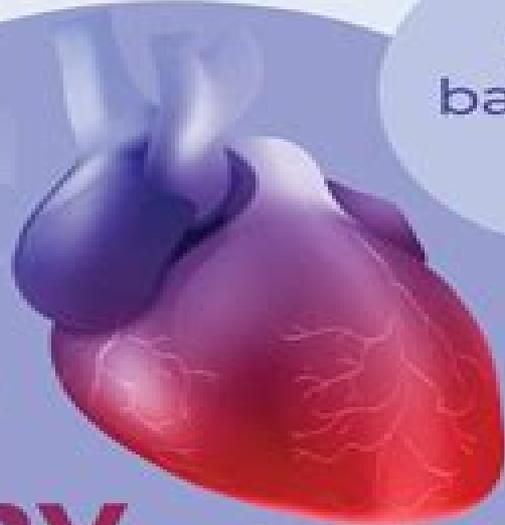


# Steps to a Healthy Heart



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balanced  
diet

Exercise  
regularly

Manage  
stress

Stop  
Smoking

Control  
Cholesterol

**#HealthyHeart**

# Skip To A Healthy Heart

**Marco Cascella**



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