**The Heart of the Matter: Your Guide to Cardiovascular Wellness**

**Tags and Teasers**

**Article:**

Take better care of your heart. That’s a New Year’s resolution everyone should follow. An estimated 700,000+ people die every year from complications linked to heart disease. Read our latest blog post to discover 4 heart-healthy foods to incorporate into your diet.

**Video:**

The single most effective method for preventing heart attacks isn’t medication – it’s your diet. Watch our latest video for heart-healthy foods that can help keep your heart in good shape and minimize your risk of heart disease.

**Infographic:**

It’s February – American Heart Month – a time when the nation spotlights heart disease, the #1 killer of Americans. **Small daily changes can make a big difference to your heart.** Your lifestyle choices have a greater impact on your heart health than your genes. Start today and invest in a healthier future.

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Heart Health

Healthy Habits