

FOLLOW YOUR Bliss



Healthy lifestyle changes can prevent 80% of strokes.* But the healthy things you do should also make you happy. Figure out what works for you and feel the benefits of better health.

Seize the days and find your groove

Power to the playlist.

Listening to music you love while you exercise can help keep you feeling motivated and energized. Even better? It may enhance the mood-boosting effects of your workout.

Pass on the salt.

Too much sodium increases stroke risk. Rely on herbs and spices for big flavor and use salt sparingly. Experiment with different combinations to discover your go-to favorites.

Track your progress.

Try a wearable fitness tracker. It'll let you know if you've been sitting for too long, count calories for you, and give you a virtual high-five when you meet your activity goals.

GET MORE HEALTHY INSPIRATION

*American Stroke Association

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