NY44 Health Benefits Plan Trust
www.ny44.e1b.org

WeightWatchers for Business

Heart Health

Simple tips for a healthy heart

Your heart works hard for you, so let's show it some love. Here are a few healthy-habit suggestions from our partners at WeightWatchers® for Business.

- **Schedule workouts.**
  Exercise helps manage blood pressure, cholesterol, and blood sugar.
- **Use an activity tracker.**
  Seeing your activity helps motivate you to move, and moving helps lower risk factors for heart disease.
- **Fill half your plate with fruits and veggies.**
  The antioxidants and fiber can help reduce the risk of cardiovascular disease.

Enroll today for your WW benefit—at no cost.

WW.com/NY44

Already a WeightWatchers member?

Call customer service at 866-204-2885 to sync your account.

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