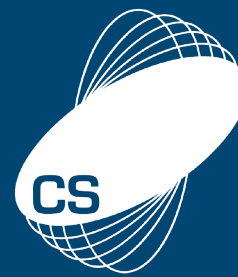


MOVE MORE FOR A HEALTHIER HEART



CS Health

Regular physical activity lowers your risk of heart disease.

It also improves your overall health and wellbeing.

Aim to be active most days of the week.

Scan the QR code for tips on becoming more active.

