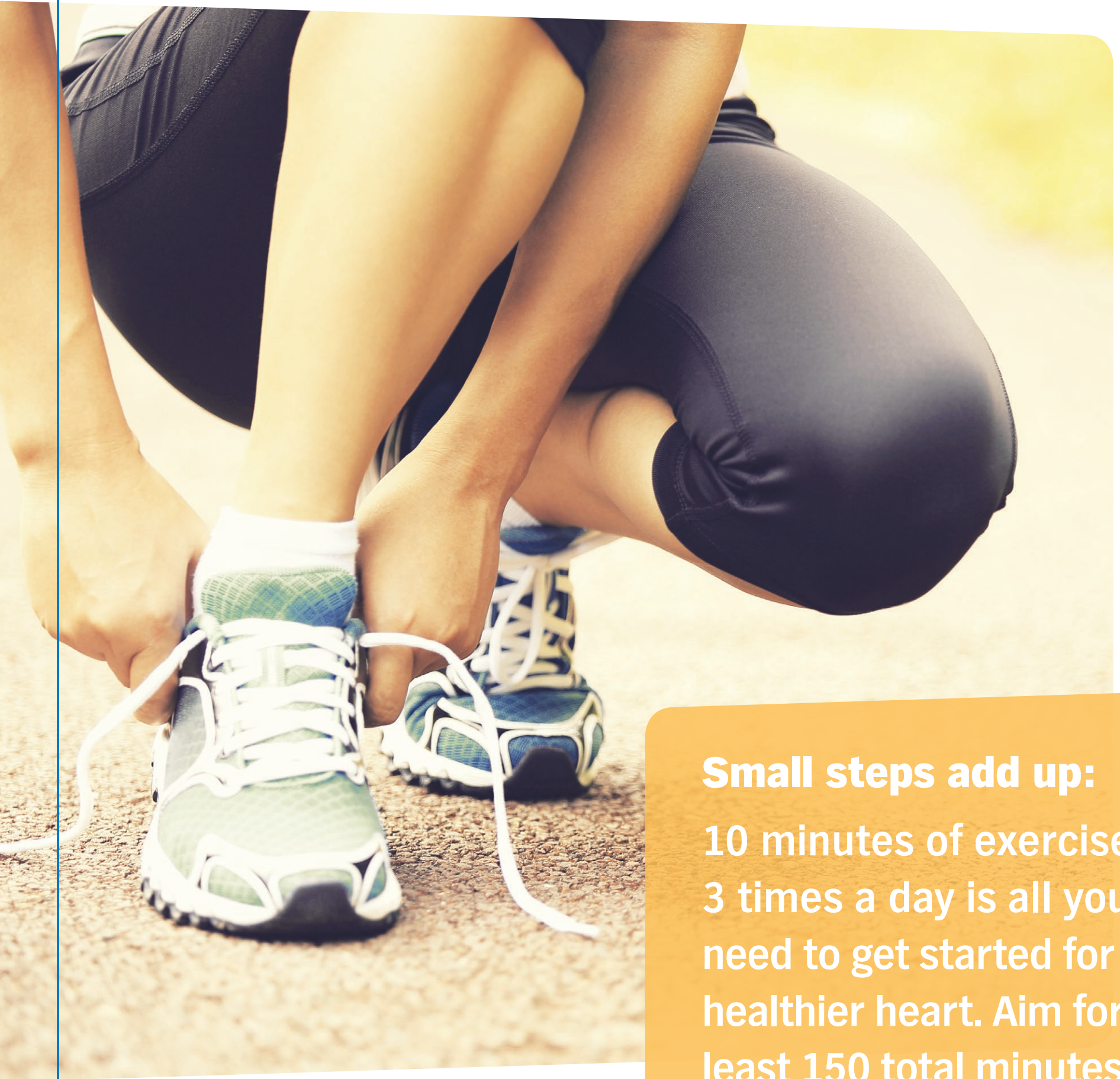


Small steps to a healthier heart in just 10 minutes



Small steps add up:
10 minutes of exercise,
3 times a day is all you
need to get started for a
healthier heart. Aim for at
least 150 total minutes a
week and increase time
and intensity as you go.



Visit [anthem.com](https://www.anthem.com) to find more information
on preventing heart disease.