

This Valentines Day
My promise to you,
is to keep my heart healthy
So I can love you all the
years through...



My weight I will watch, to
keep my risk low.
Blood pressure I'll test,
so my numbers I know.
I'll eat less fat,
and drink more
fruit smoothies,
to keep tryglycerides
from blocking my arteries!
So let's take a walk,
to enjoy this special day and
find more activities to do together
to keep us living longer
the healthy heart way!

