**Email blurbs for Healthy Hearts**

**Intro Email:**

Your heart is the engine to your body. Without it, blood would not circulate to any part of your body and you would simply not be alive. The foods you eat and the amount of activity you partake in can dramatically affect the overall health of your heart. These next four weeks will help you get your heart in better shape.

**Week 1 Blood Pressure**

Today is the first week of *Healthy Hearts* and we are going to start at the basics – blood pressure. Getting your blood pressure regularly checked is a crucial area of heart health ([www.livestrong.com](http://www.livestrong.com)). This email will inform you on the basics of blood pressure, 10 steps to reduce your blood pressure levels and top 10 foods to lower your blood pressure. You won’t want to skip this opportunity to learn how to take better care of your heart.

**Week 2 Cholesterol**

Did you eat any foods that help lower your blood pressure last week? This week is about how to lower your cholesterol for a healthy heart. The reason we want lower cholesterol is because high cholesterol makes it difficult for enough blood to flow through your arteries, increasing your risk for heart attack and stroke. See if you can combine this week’s food and last week’s food in your diet!

**Week 3 Natural Super Foods that Fight Heart Disease and Cancer**

Welcome to Week 3 of *Healthy Hearts.* This week is a very practical sheet outlining foods you should regularly eat to make your heart healthy and happy. Print it out and stick it on your fridge so you remember to purchase them at the grocery store! If you normally buy chips or cookies, swap that for nuts. If you normally buy white pasta or white bread, swap that for whole grain. If you normally buy beef, swap that for fish. Take small steps to make big improvements for your heart.

**Week 4 Healthy Heart Recipes**

Now that you know what foods are good for your heart, it’s time to put them into action! This last week will provide you with a breakfast, a protein bar, and a simple dinner recipe. There are also some awesome tips for you to use as modifications when cooking, such as using skim or 1% milk instead of whole milk or cream.