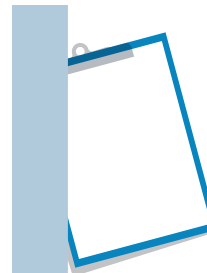




# HOW TO BE MORE ACTIVE



**TIPS FOR  
SUCCESS**

Learn more at [heart.org/lifes8](https://heart.org/lifes8)