

Reclaim Your Rhythm

GET BACK INTO THE GROOVE WITH THESE TIPS



MELLOW OUT & REDUCE STRESS

Managing stress means managing your health, so reclaim control of your schedule and build in time to invest in a healthier “you.”

[Find tips](#)



MOVE TO THE GROOVE

One of the keys to better health and mental well-being is getting back into the rhythm of an active lifestyle.

[Start today](#)



STAY ON BEAT WITH YOUR BLOOD PRESSURE

Self-measure and manage your blood pressure to prevent strokes and heart attacks.

[Know your numbers](#)



LEARN HOW TO 2-STEP

Help your community reclaim their rhythm by learning the 2 simple steps of Hands-Only CPR.

[Learn the steps](#)



FEED YOUR SOUL, ROCK YOUR RECIPES

Eat meals as a family or with friends to connect and decompress, reduce stress and boost self-esteem.

[Find healthy recipes](#)



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Take Action

Heart.org