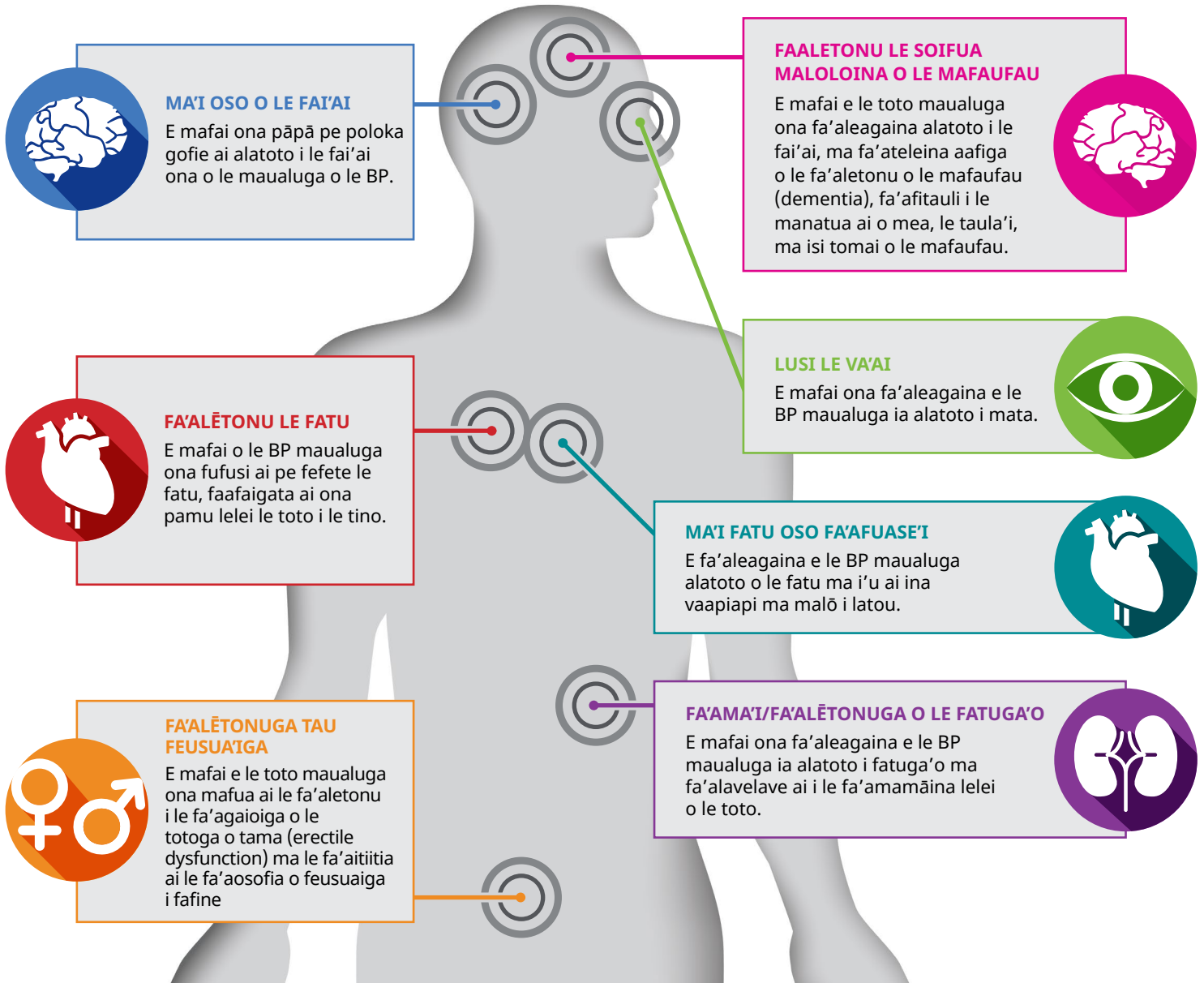




American
Heart
Association.

Taunu'uga pe a Maua'uga le Toto

O le toto maua'uga (BP) e mafai ona mafua ai isi faafitauli tau soifua maloloina e pei o le:



O le toto maloloina e fesoasoani e puipuia ai ou fatuga'o, le fatu, ma le mafai o lou tino e fa'aaoga le malosī (metabolic health). Siaki nei loa lou toto maua'uga. A'oa'o atili i le [heart.org/BP](https://www.heart.org/BP) (upegatafa'ilagi faaperetania).