

Sofía C. González-Martínez

The character wakes up to the alarm of a clock shaped like a heart.

The character makes a cup of espresso in their kitchen. They appear to be sweating or concerned.

The character is shown among all of the things they juggle and balance in life: food, prescriptions, time, and children.

The character is thinking about their heart health in an abstract manner.

The character is at the doctor's office. The doctor is advocating for a balanced lifestyle in an abstract manner.

The character holds a map with a number of steps toward the ultimate goal of a healthy heart as the end-state. This map includes healthy eating, exercise, and avoiding smoking.

The character is depicted in a room with three friends. Friend one, says "I feel the same". Friend two says "your feelings are valid.". The character sits in the middle, with an image of a healthy heart illustrated in a speech bubble.