

# FITNESS TIP

## FITNESS TIP FROM JAMES LAVALLE



February is Heart Health Month, a perfect time to focus on simple, effective ways to support your cardiovascular system. James LaValle, RPh, CCN, shares this important fitness tip:

*"Prioritize movement every day! Even a 10-minute brisk walk after meals can help regulate blood sugar, lower inflammation, and improve circulation—key factors for heart health. Consistency is more important than intensity, so find activities you enjoy and make them part of your routine!"*

Regular physical activity plays a crucial role in maintaining a healthy heart, improving endurance, and reducing the risk of heart disease. Whether it's walking, strength training, or yoga, staying active is one of the best ways to invest in your long-term well-being.

**Take action this Heart Health Month—move for your heart!**