

Take some “sneaky” steps to help prevent heart disease.



Lace up and walk to the beat of a healthier heart.

When it comes to heart health, your daily habits can make a big difference. Start fighting heart disease with a comfortable pair of sneakers. A 30-minute walk break at least 5 days per week can help keep your heart's “ba-bomp ba-bomp” going like it should. So step up and take your health in stride. Your heart will thank you. **That’s time well spent.**

Visit [anthem.com](https://www.anthem.com) to learn more about keeping a healthy heart.

