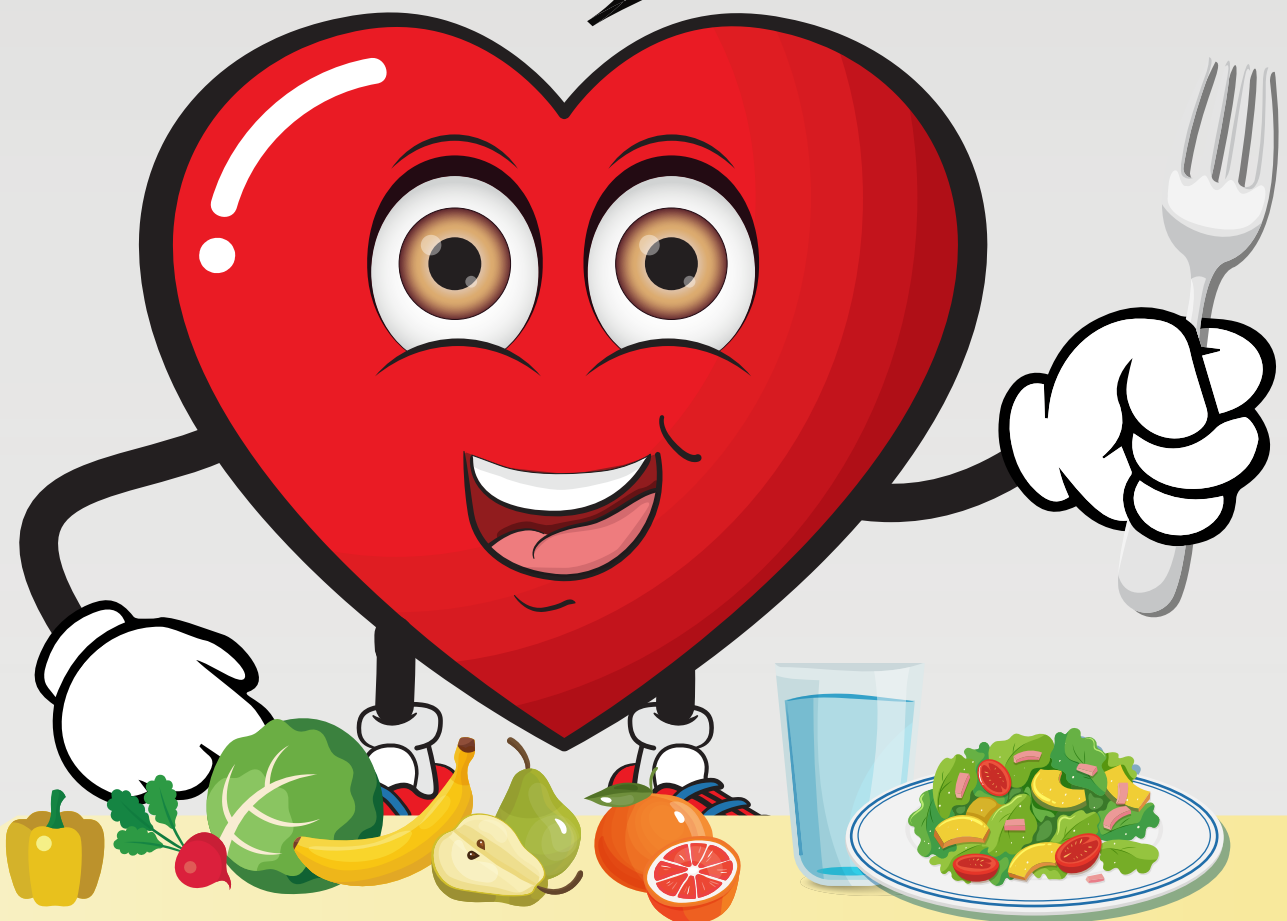


Eating a well-balanced diet full of fresh and unprocessed foods and keeping your body hydrated on a daily basis helps promote a healthy heart.

CARDI-O SAYS:

Good nutrition and hydration are vital for your heart and helps your immune system to be stronger against COVID-19!

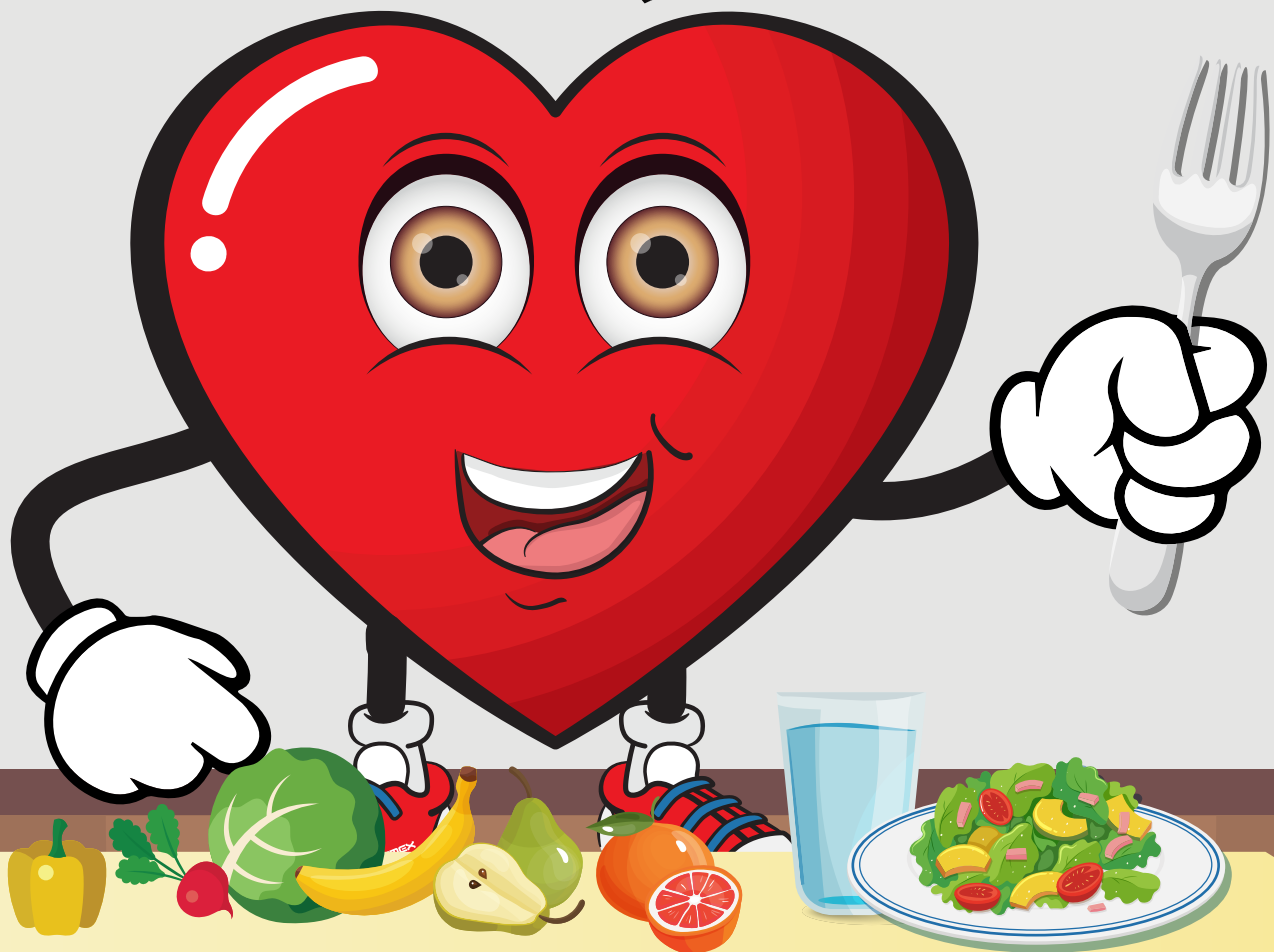


STAY TUNED FOR MORE TIPS ON EATING A WELL-BALANCED DIET!

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