Social Media Blurbs – Heart Health

Facebook

**5 Healthy Heart Foods**

TIP: Looking to improve the health of your heart? It all starts with what you eat.

There are lots of heart-healthy foods you should be consuming, but one you’ll be more than happy to stock up on is chocolate. Dark chocolate which is rich in flavonoids, is known to have several benefits on the heart. So, if you made a New Year’s resolution to cut out chocolate from your diet, you might want to rethink!

**5 Ways to Keep Your Heart Healthy**

TIP: Did you know laughing daily can help to keep your heart healthy?

Laughter is often said to be the best medicine, but many of us don’t laugh nearly as often as we should. There’s no concrete evidence just yet to show how laughter impacts the health. However, it is known to reduce stress, release happy hormones and improve blood flow throughout the body. So, if you’re looking to improve your heart health, be sure to find something to laugh about each day.

**What Does Healthy Heart Mean**

TIP: Did you know that looking after your heart gives it the power to heal itself?

A healthy heart is a miraculous muscle which provides all kinds of health benefits. So, if there’s one health resolution you make this year, make sure it’s to look after the heart.

Tweets

**5 Healthy Heart Foods**

Tweet: Don’t miss out on these 5 awesome healthy heart foods

**5 Ways to Keep Your Heart Healthy**

Tweet: Discover 5 ways to keep your heart healthy

**What Does Healthy Heart Mean**:

Tweet: What does a healthy heart mean? Find out here –