

Make a healthy heart your goal



An active lifestyle helps reduce
the risk of heart disease and stroke

Dear...

Cardiovascular disease, including heart disease and stroke, is the number 1 killer of women worldwide. Being active and playing sports such as football helps reduce the risk.

In celebration of the UEFA Women's EURO 2013, *Make a healthy heart YOUR goal!*

Find out how you can lead a longer, better, more active life:

www.worldheart.org/womenseuro

