

Make a healthy heart your goal



Cardiovascular disease, which includes heart disease and stroke, is the number 1 killer of women worldwide. Help to reduce your risk by playing football, other sports and being physically active.

In celebration of UEFA Women's Euro 2013 "Make a healthy heart your goal" and find out how you can lead a longer, better, more active life:

www.worldheart.org/womenseuro #EURO2013



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Hjärt  Lungfonden