

CAREERS & BRIGHT
FUTURES BEGIN WITH
Bankers Life!





YOUR
DREAM
STARTS
here









American Heart Association.

10 ways to improve your heart health

1 Balance calories eaten with physical activity.

2 Reach for a variety of fruits and vegetables.

3 Choose whole grains.

4 Include healthy protein sources, mostly plants and seafood.

5 Use liquid non-tropical plant oils.

6 Choose minimally processed foods.

7 Subtract added sugars.

8 Cut down on salt.

9 Limit alcohol.

10 Do all this wherever you eat.



BANKERS LIFE


Need more food for thought? Go to www.heart.org

“

History has shown us that
**courage can be contagious,
and hope can take on
a life of its own.**

”

- MICHELLE OBAMA



Tax time!