



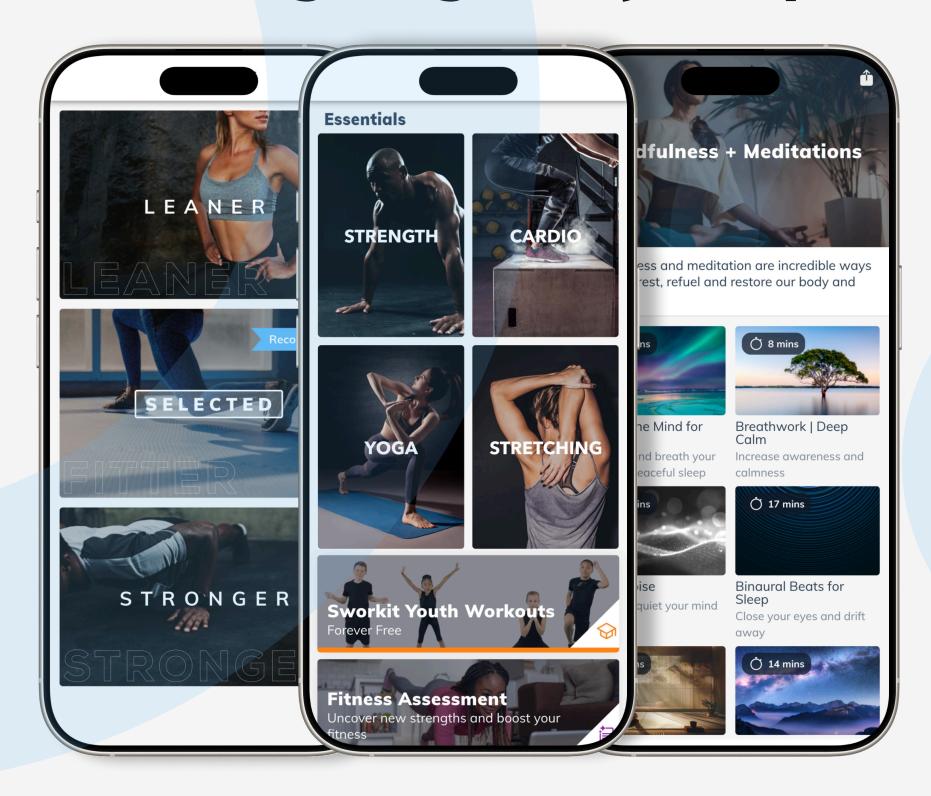
## Take Control of Your Heart Health



## with Sworkit Health

Take control of your heart health with Sworkit Health, your personal ally in combating cardiovascular disease through customized workouts, stress-reducing meditations, and expert-designed exercise programs. Our innovative app offers over 500+ targeted routines that help lower blood pressure, reduce inflammation, and strengthen your heart—all tailored to your unique fitness level and wellness goals. Whether you're a beginner or a fitness enthusiast, Sworkit Health empowers you to proactively manage your cardiovascular wellness and live a healthier, more vibrant life.

## **Exercising Regularly Helps You**





- Reduce early death risk by 21%
- Boost to 34% with daily activity
- Protect you from Type 2 Diabetes
  - Improves blood sugar control
  - Helps manage cholesterol
- Be Heart Happy
  - Strengthens your heart
  - Improves blood flow
  - Lowers blood pressure
- **Boost your Mood** 
  - Release "feel-good" chemicals
  - Reduce stress
  - Ease anxiety and depression

https://www.wellandgood.com/exercise-90-minutes-day/

https://newsroom.heart.org/news/new-study-finds-lowest-risk-of-death-was-among-adults-who-exercised-150-600minutesweek

https://health.clevelandclinic.org/how-often-you-should-work-out

https://www.eatingwell.com/benefits-of-exercise-30-min-every-day-8384757

https://www.hopkinsmedicine.org/health/wellness-and-prevention/3-kinds-of-exercise-that-boost-heart-health

Haven't signed up for Sworkit yet? Be sure to do so and get started today!