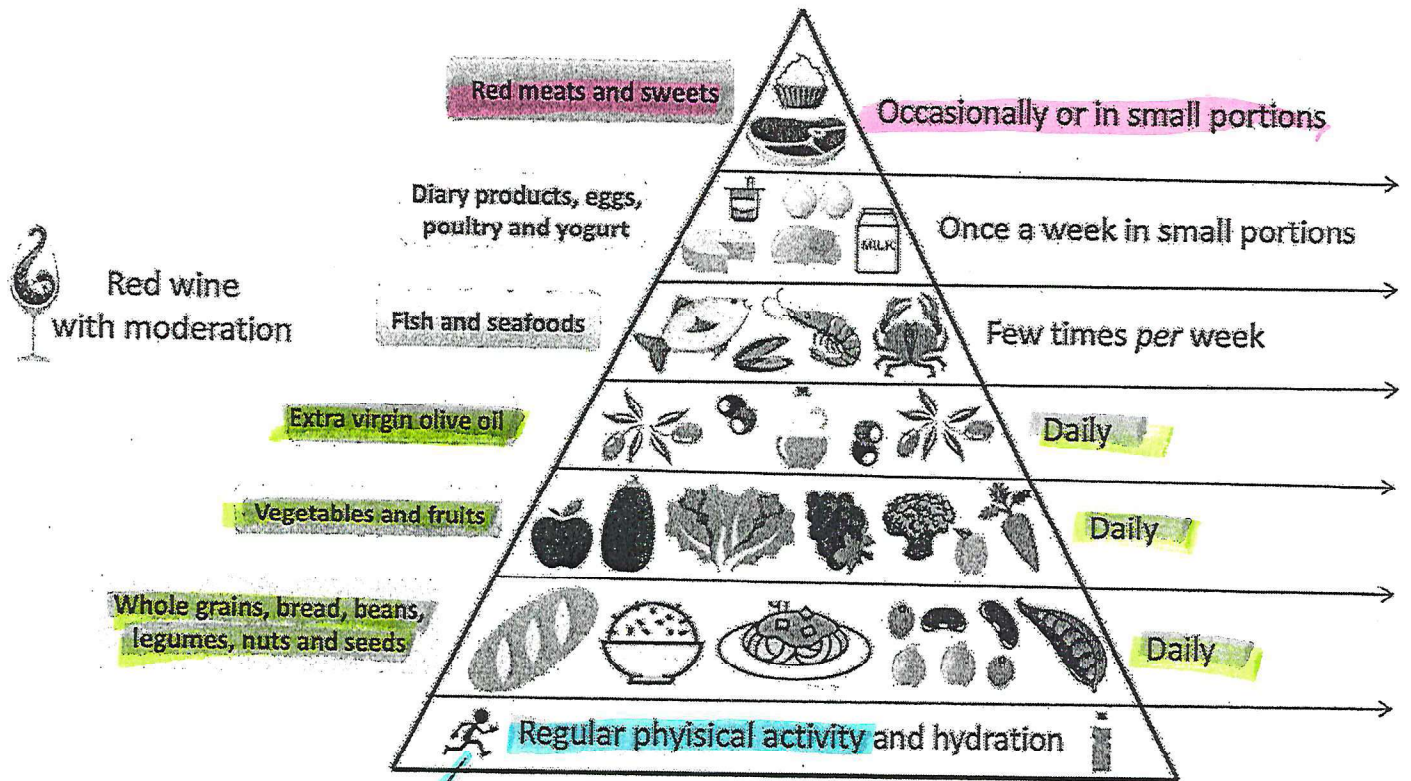


Exercise OR a mediterranean diet can reduce your risk of heart attack and stroke by 30%



Mediterranean diet

150 minutes of intense exercise per week
+ weights or resistance training 2x per week.