

WISEWOMAN Health Coaching

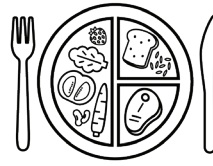
The Big 4

Healthy Heart Behaviors

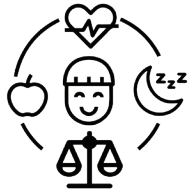
Each message below represents one of **The Big 4** recommended healthy behaviors.
Please choose one of these topics for your upcoming health coaching sessions:



Be Active.



Eat Well.



Practice Wellness.



Steer Clear of
Smoking and Vaping.

Additional comments or notes:

The **Big 4** are adapted from **The Great 8 Cardiovascular and Diabetes Healthy Heart Behaviors**, which can be found on the Washington State Cardiovascular Connection site at <https://waportal.org/partners/home/cardiovascularconnection>.