

## Health Centers

- ▶ Allergy & Asthma
- ▶ Cancer Center
- ▶ Cold, Flu & Infections
- ▶ Dental & Oral
- ▶ Diabetes & Endocrine
- ▶ Digestive Health
- ▶ Emotional Health
- ▶ Healthy Steps
- ▶ Heart Health
- ▶ Ob/Gyn Health
- ▶ Pain & Arthritis
- ▶ Pediatric Health
- ▶ Skin & Hair

## HeartCenterOnline™



## Featured Heart Health Topics

Anemia  
Aneurysm  
Angina  
Angioplasty  
Apnea

[All Topics A-Z »](#)

## In The News

- ▶ [The Mind as Medicine](#)
- ▶ [Liver Sugars May Help Control Triglycerides](#)
- ▶ ['Smoker's Cough' Strong Predictor of Lung Disease](#)
- ▶ [Moderate Drinking Safe in Men with Hypertension](#)
- ▶ [Parkinson's Drugs Can Damage Heart Valves](#)

[Enter Heart Health](#)

## Daily Dose

### Exercise



#### Aerobics: Step

Step aerobic routines are low impact continuous routines that elevate the heart ...

[» Full Article](#)

### Stress Relief



#### Quick Walk

When time is limited, this is one of several basic relaxation techniques that ca...

[» Full Article](#)

### EveryDay Life Articles

#### Fighting germs

Learn how to keep your hands clean

[» Full Article](#)

#### Prevent seasonal weight gain

Learn how to avoid putting on extra pounds during the winter months

[» Full Article](#)

### Once Daily Video



#### The Importance of Sticking to your Allergy Medications

If you're on medications to control your allergies, but you don't take them cons...

[» Watch Now](#)

### Tip of the Day

#### Check that date

Many people have prescription and over-the-counter medications stored in the med... [More](#)

[» More Tips](#)

## Take a Free Health Evaluation

[Take a Tour](#) [Member Login](#)



HealthyLivingOnline™  
by HealthCentersOnline

Age:  Gender:

Weight:  lbs | Height:  ft. :  in.

Email Address:

Primary Goal:

[Submit](#)