Midwest Heart Specialists
SINCE 1973

Because you have a heart for life
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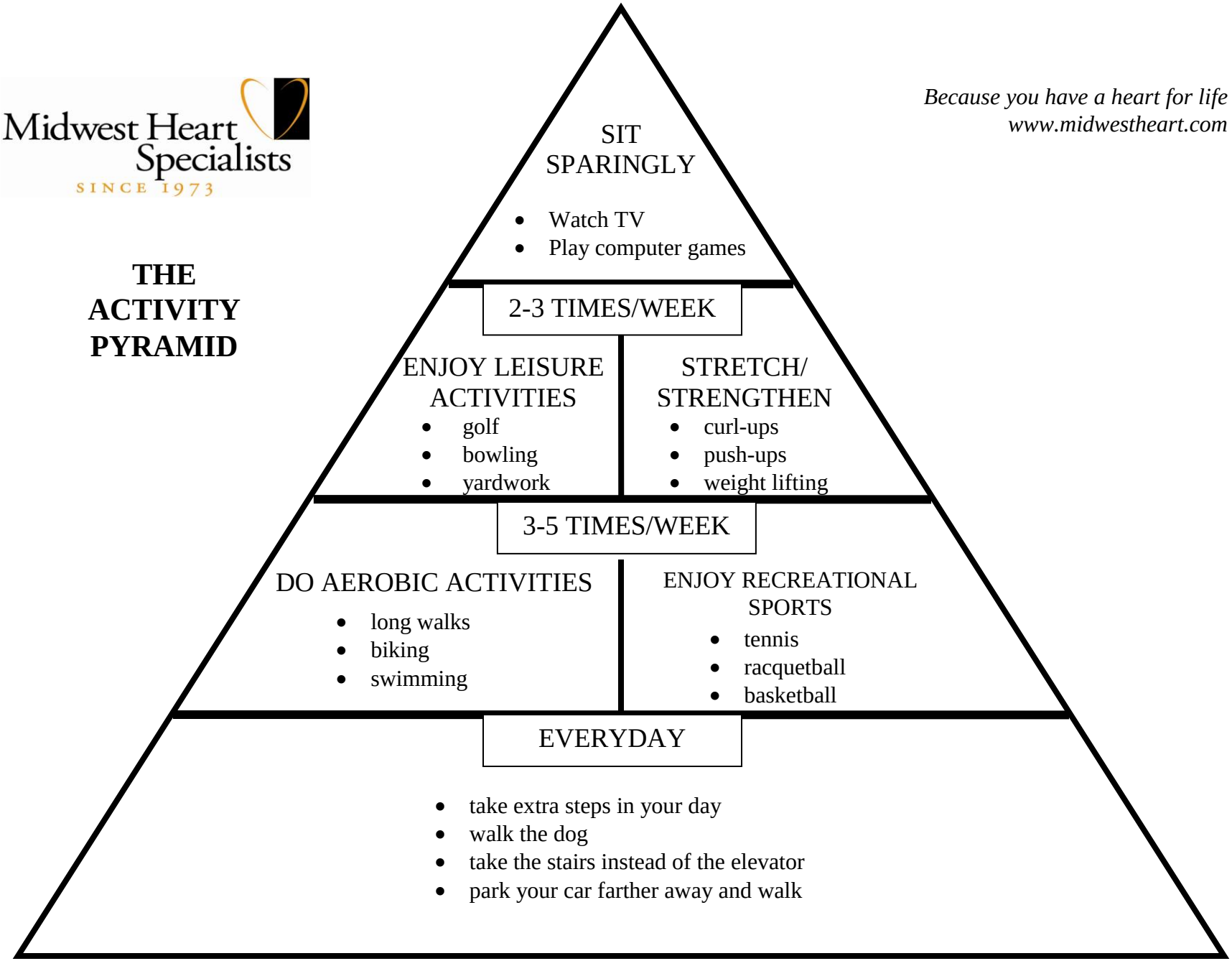
THE ACTIVITY PYRAMID



Start your weekly activity plan with the daily activity at the base of the pyramid.
Enhance your fitness by choosing other activities on the pyramid. Move more, sit less.