

**BREAK A
10-MINUTE
SWEAT!**

10 MINUTES OF MODERATELY
INTENSE ACTIVITY A DAY
CAN CUT YOUR CHANCES
OF A HEART DISEASE IN HALF.



WE  HEALTHY HEARTS!

Every workplace should have fast access to an Automated External Defibrillator. AlSCO offers your business an easy-to-use and effective AED at a convenient, low monthly cost.



FREE Healthy Heart Posters: www.alscofirstaid.com.au

ALSCO.
First Aid