



Massachusetts Bay Transportation Authority

Healthy Heart Tips

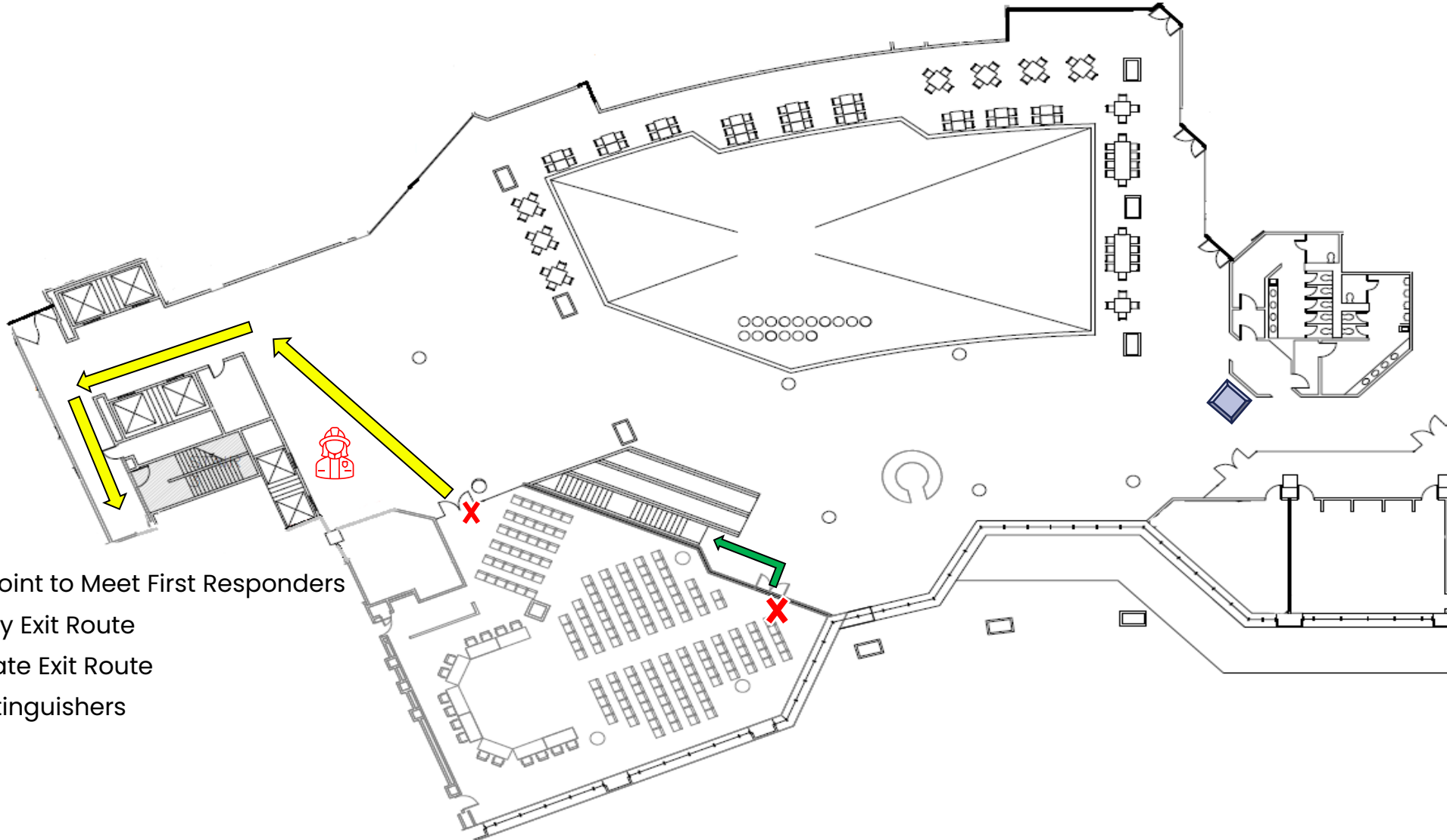
Pat Lavin

MassDOT Chief Safety Officer






MBTA Board of Directors Meeting

February 29, 2024

Safety Briefing



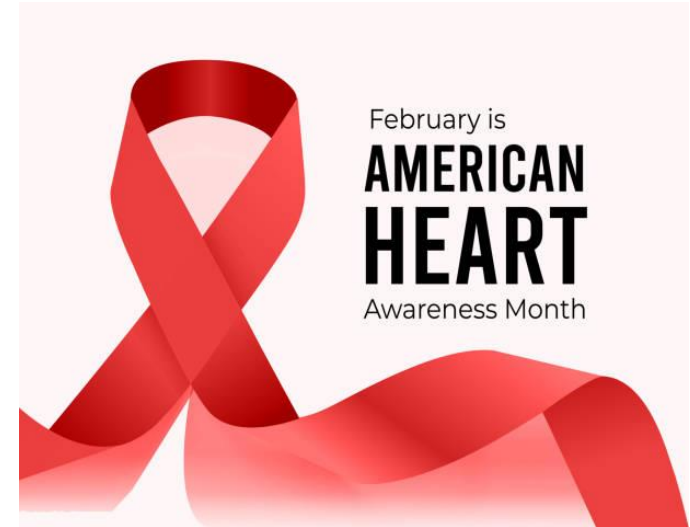
Legend

-  Rally Point to Meet First Responders
-  Primary Exit Route
-  Alternate Exit Route
-  Fire Extinguishers
-  AED



Healthy Heart Tips

- Doing at least 150 minutes of moderate-intensity physical activity a week (or, just getting started and working your way there)
- Eating healthy
- Not smoking or vaping
- Maintaining a healthy weight
- Controlling blood sugar, cholesterol and blood pressure
- Getting regular checkups
- Learning Hands-Only CPR
- Finding ways to relax and ease your mind, such as meditation



Thank you!

