# Leyla Weighs In: Omega-3s and Expressive Fitness—A Guide to Heart Health

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Did you know a low Omega-3 index is a heart risk factor? “Leyla Weighs In” on the latest research on Omega-3s. She has simple ways to boost your Omega-3 intake. Plus, she offers tips on making fitness enjoyable through activities like hiking, swimming, roller skating, dancing, and playing sports.