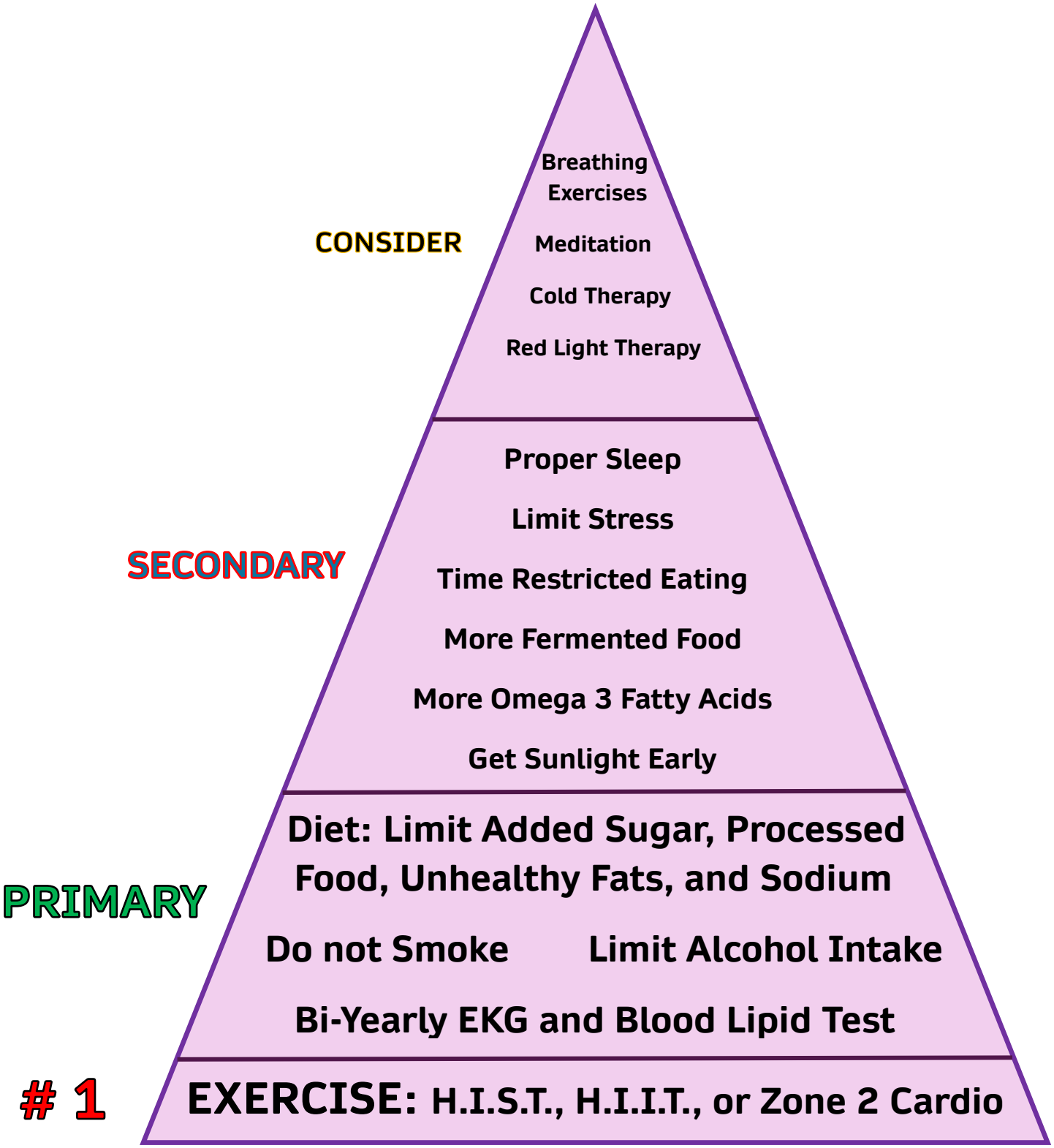
KELSO'S HIERARCHY OF

HEART HEALTH



Tom Kelso, MS, MSCC-E, CSCS Nov. 2024