

Break The Heart Code

This message tells you how to have a healthy heart. Change each letter to the one that comes just before it in the alphabet.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Z P V D B O I B W F B

I F B M U I Z I F B S U, J U' T

B T F B T Z B T, P O F,

U X P, U I S F F! F B U

I F B M U I Z T U V G G, N P W F

B S P V O E F O P V H I, M J W F

U P C B D D P - G S F F!

