

# 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!

