

## Be Sel-fish Twice a Week!

Follow me and take this SEL-FISH pledge. "Love your Hearth, Eat Your Seafood".  
Equals heart health, brain health, and longevity.  
Simply put, eating Seafood twice a week is a gift to yourself.

As an ambassador of the [Seafood Nutrition Partnership](#) and your personal **Fashionista™**, I take the pledge!  
Listen to what Gina Neely and others have to say in these testimonials.  
Photo by Susan Hornyak



Fashionista

Michael-Ann Rowe

Seafood Nutrition Partnership

Brain Health

Heart Healthy

Omega 3

Fashionista

**Source URL:** <http://www.michaelannrowe.com/blog/be-sel-fish-twice-week>