

September 2019



Cardio vascular disease is the world's number one killer today. It doesn't need to be this way. By making a few changes in our lives, we can reduce the risk of heart disease and stroke, as well as improving our quality of life and setting a good example for the next generation.

## FOUR SIMPLE HEART RULES FOR A HEALTHY HEART



### ***EAT WELL AND DRINK WISELY***

Cut down on sugary beverages and fruit juices. Choose water or unsweetened juices.

Swap sugary treats for healthy fruit snacks

Eat 5 portions of fruit and vegetables per day

Reduce your alcohol intake

Limit processed foods, they are rich in salt, sugar and fat



### ***GET MORE ACTIVE***

Aim to exercise for 30 mins per day at least 5 times a week

All forms of exercise count - walking, running, dancing, doing housework or gardening

Be more active everyday – take the stairs, walk or cycle instead of driving

Make exercise part of your family routine



## **SAY NO TO SMOKING**

It is the single best thing you can do to improve your heart health  
By quitting you improve the heart health of you & your loved ones  
Within 2 years of quitting the risk of coronary disease is reduced  
If you are struggling to quit, ask for professional help



## **CHECK THOSE VITAL SIGNS**

Check your blood sugar levels. Diabetes puts you at risk of heart disease and strokes  
How high is your blood pressure? This is called the “silent killer”  
as there are no warning signs  
Check your cholesterol levels  
Know your BMI and weight



**WORLD  
HEART  
DAY**  
29 SEPTEMBER

