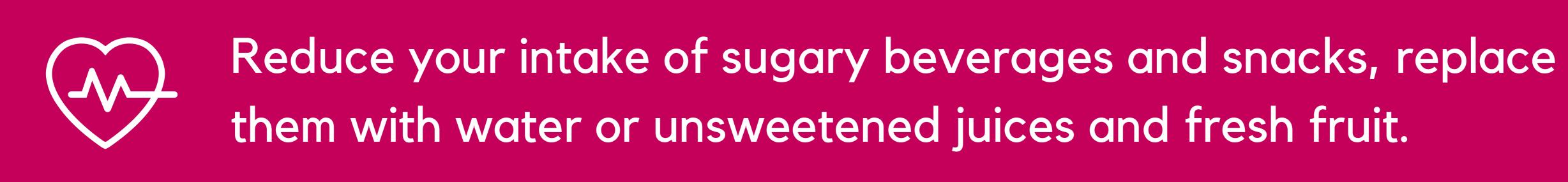
## Use (W) to Eat well



Eat more fruits and veggies (fresh, frozen, tinned or dried) — one or two portions with each meal and make them your first choice for a snack, and eating at least five a day will be easy.

Eat less processed junk foods, they are often high in salt, sugar and fat, and help the environment by reducing the amount of wrappers, straws, and bags used.

If you drink alcohol, keep the amount within recommended guidelines (no more than 14 units per week).

Cook more! Search online or download an app to find tasty heart-healthy recipes and tips.



## Use (N) to Get active



30 minutes of moderate-intensity physical activity 5 times a week can save your life.



Or, as an alternative, at least 75 minutes of vigorous-intensity activity spread throughout the week.



Playing (not video games!), walking, housework — they all count! Take the stairs and cycle to the office tomorrow.



Stay fit at home — you can join virtual exercise classes and workouts for the whole family.



Download an app or use a wearable device to keep track of your steps and progress.



## Use (T) to Stop smoking



It is the greatest gift you can give to your heart.



Within 2 years of quitting, the risk of coronary heart disease is significantly lowered. Within 15 years the risk of CVD returns to that of a non-smoker.



E-cigarette users are almost twice as likely to develop heart attack as non-smokers.



Secondhand smoke is also a risk factor for heart disease in non-smokers, and therefore to those around you.

