

Use to *Eat well*



Reduce your intake of sugary beverages and snacks, replace them with water or unsweetened juices and fresh fruit.



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.

DID YOU KNOW?

"Bad" cholesterol and high blood glucose are associated with million deaths every year. Visit your healthcare professional for a checkup; if undiagnosed and untreated, these can put you at increased risk of heart disease and stroke.

Source: World Health Organization



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Use 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.

DID YOU KNOW?

Less active, less fit persons have much greater risk of developing high blood pressure which is one of the main risk factors for CVD. High blood pressure is called the 'silent killer' because it usually has no warning signs or symptoms, and many people don't realise they have it.

Source: World Health Organization



Use 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.



Search online and get some tips on how to get through the rough spots. Do not hesitate to seek professional advice.

DID YOU KNOW?

Tobacco use is responsible for 17% of all CVD. It claims over **8 million lives** every year, including 1.2 million as a result of exposure to second-hand smoke. Tobacco also adds to air pollution and can generate concentrations of particulate matter up to 10 times higher than a diesel car engine.

Source: World Health Organization