

HEART-HEALTHY CHANGES YOU CAN DO NOW

Boost your heart health and reduce your risk of heart disease with these diet and lifestyle changes

MANAGE YOUR BLOOD PRESSURE

Get your blood pressure checked regularly – or better still, check your pressure at home

EAT A HEALTHY DIET

Eating a healthy balanced diet will naturally help protect your heart. Look towards fruits, vegetables, whole grains, legumes, and lean animal proteins and fish

WATCH YOUR WEIGHT

If you are overweight or obese, losing just 5% to 10% of your body weight can reduce your risk of heart disease

DRINK LESS ALCOHOL

Too much alcohol can raise blood pressure. Keep to 2 drinks a day for men and 1 drink for women. And, if you don't drink – don't start!

GET MOVING

Aim for at least 150 minutes of moderate-intensity activity each week – that's just 30 minutes 5 times a week!

REDUCE STRESS

Stress can increase your blood pressure and lead to unhealthy habits like over-eating, smoking, or drinking.

GO SMOKE FREE

Quitting smoking reduces the risk of heart disease as well as the risk of a heart attack – that means avoiding second-hand smoke too