



Sonic
HealthPlus

Eight ways to keep my heart healthy

1 Eat Healthy

Make sure you eat plenty of vegetables, fruits, wholegrains, beans, legumes, nuts, fish and lean meats. Limit processed foods containing fats, added salt and added sugar.

2 QUIT SMOKING

Cigarette smoking is a major cause of heart attack, stroke, peripheral arterial disease and abdominal aortic aneurysms, all of which are forms of cardiovascular disease. A smoker's risk of heart attack reduces rapidly after only one year of not smoking.

3 EXERCISE

Your heart is like any other muscle and can be trained to be stronger and work more effectively. National health guidelines recommend that you do at least 30 minutes of exercise a day.

4 De-stress

Take some time out from work for a short walk or stretch. High levels of stress can lead to increased blood pressure and other health risks.

8 Control cholesterol levels

When extra cholesterol is accumulated in the blood vessels, it can restrict the flow of blood around the body. The blocking of blood vessels may lead to a heart attack or stroke.

7

Watch your weight

Overweight people tend to have higher blood pressure and higher blood cholesterol, which are both major risk factors for heart attack.

6

control YOUR BLOOD pressure

High blood pressure usually has no warning signs or symptoms and therefore it is important to have regular blood pressure checks.

5

Go easy on the ALCOHOL

Keep it to two drinks or less a night – your heart will love you for it.

