



Healthy heart action plan.

- Get checked!** Many heart disease risk factors have no symptoms. Get a heart health check (blood pressure, cholesterol, glucose, BMI):
 - Every two years if you are under 50.
 - Every year if you are over 50 or have known risk factors.
- Get moving!** Ideally, aim for 30 minutes of exercise per day. Research shows if people sat three hours less a day, it would add two years to the average life expectancy.
- Feast on fish!** Eat fish at least two times per week - especially oily fish such as salmon, tuna and mackerel. Opt for baked or grilled fish instead of deep fried.
- Switch from white to brown.** Swap white bread for brown bread, white rice for brown rice and white pasta for whole grain pasta.
- Include fruit and veg in at least two of your daily meals.** Have salad in your sandwiches, sliced fruit on cereal and add veggies to your dinner plate.
- Ditch the drink!** If you have two glasses of wine a night, cut back to one. The less you drink the lower your heart disease risk.
- Quit!** People who smoke are up to four times more likely to die from coronary heart disease than non-smokers.



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