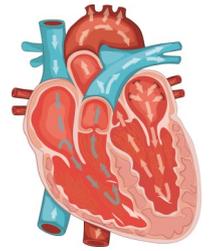


How can I keep my heart healthy?



Cardiovascular Disease (CVD) is used as a general term for conditions affecting the heart or blood vessels and is one of the main causes of death and disability in the UK.



The good news is that by living a healthy lifestyle you can significantly lower your risk of CVD.

What can you do to lower your risk?

I can stop smoking

If you smoke, you should try to give up as soon as possible. After a year of quitting your risk of heart disease is about half compared with a person who is still smoking.

Did you know that you're up to four times more likely to quit successfully with support from your local stop smoking service?

You can also call the NHS Smokefree Helpline on 0300 123 1044 open Monday to Friday 9am to 8pm, and Saturday to Sunday 11am to 4pm.

There are lots of practical tools and resources on the NHS Smokefree website.

Search: **NHS Smokefree** online

I can improve my diet

A healthy, balanced diet is recommended for a healthy heart. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

Did you know that most of us still are not eating enough fruit and vegetables. They should make up over a third of the food we eat each day.

Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. There's evidence that people who eat at least 5 portions a day have a lower risk of heart disease, stroke and some cancers.

There are lots of practical tools and resources on the One You website, including the benefits of eating well, a range of healthy recipe ideas and some simple ways you can make a change.

Search: **One You** online

I can reduce my alcohol intake

To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis. If you regularly drink as much as 14 units per week, it's best to spread your drinking evenly over three or more days.

Did you know that a unit of alcohol is roughly equivalent to half a pint of normal-strength lager or a single measure (25ml) of spirits. A small glass of wine (125ml) is about 1.5 units.

Tips on cutting down: Have several drink-free days each week. Go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one. Cut back a little each day. That way, every day you do is a success.

There are lots of practical tools and resources on the One You website, including more about the benefits of taking days off, swap advice and support apps.

Search: **One You** online

How can I keep my heart healthy?

What can you do to lower your risk?

I can maintain a healthy weight

If you're overweight or obese, a combination of regular exercise and a healthy diet can help you lose weight.

Did you know that the NHS has a weight loss plan which has been downloaded more than 4 million times, this has been designed to help you lose weight safely – and keep it off.

The weight plan is intended for use by healthy adults with a body mass index (BMI) of 25 and over. For further information on this plan and the Body Mass Index calculator. Search **NHS weight loss plan** online

There are lots of practical tools and resources on the One You website, including some useful advice on eating, drinking and ways to increase levels of activity.

Search: **One You** online

I can increase my physical activity

Physical activity has significant benefits for health, both physical and mental, and can help to prevent and manage over 20 chronic conditions and diseases, including some cancers, heart disease, type 2 diabetes and depression.

Did you know that a brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

A brisk walk is about 3 miles an hour, which is faster than a stroll.

One way to tell if you're walking briskly is if you can still talk but can't sing the words to a song.

There are lots of practical tools and resources on the One You website. You could also try using the free Active 10 app on your smartphone. Why not check out the Couch to 5k app?

Search: **One You** online

O.K. What will I do to lower my risk?

How difficult or easy is it for me to give up smoking/eat healthier/take more exercise?

How confident am I that I can do this despite the difficulties?

What would help me to succeed?

What is important to you?

Think about...

How much do I want to give up smoking/eat healthier/take more exercise?

What are my health priorities?

How ready are you to make a change?

What other help might you need?

Write your goal here...