

PROTECT YOUR HEART USE FOR ACTION

KEEP YOUR BLOOD SUGAR LEVELS UNDER CONTROL



- ♥ CHECK YOUR BLOOD GLUCOSE
- ♥ REDUCE STARCHY FOODS
- ♥ ADOPT A HIGH FIBRE DIET & EAT PLENTY OF VEGETABLES AND FRUITS.
- ♥ OBTAIN AND MAINTAIN A HEALTHY WEIGHT
(BODY MASS INDEX of 18.5 - 23 kg/m²)
- ♥ INCREASED THIRST, FREQUENT URINATION, INCREASED HUNGER ARE EARLY SYMPTOMS OF HYPERGLYCAEMIA

KEEP YOUR BLOOD LDL LEVELS LOW



- ♥ SWITCH FROM "DEEP FRIED" FOODS TO "AIR FRIED" FOODS
- ♥ LIMIT RED & PROCESSED MEATS AND SWITCH TO FISH, POULTRY & PLANT BASED PROTEINS
- ♥ USE LIQUID VEGETABLE OILS SUCH AS SUNFLOWER/OLIVE OILS INSTEAD OF SOLID FATS LIKE BUTTER IN COOKING

STOP SMOKING



- ♥ AVOID PASSIVE SMOKING- SECOND HAND SMOKE CONTAINS MANY OF THE SAME DANGEROUS CHEMICALS
- ♥ AVOID E-CIGARETTES AND ALL TOBACCO PRODUCTS
- ♥ IF YOU ARE A SMOKER - CESSATION OF SMOKING WILL BE IDEAL FOR A HEALTHY HEART AND A PROLONGED LIFE

CONTROL YOUR BLOOD PRESSURE



- ♥ REDUCE SALT INTAKE TO NO MORE THAN 1 TEASPOON/DAY
- ♥ GET YOUR BLOOD PRESSURE CHECKED REGULARLY
- ♥ IF YOU ARE ON MEDICATION, MAKE SURE TO TAKE THEM AS PER THE ADVICE FROM YOUR DOCTOR

AVOID ALCOHOL



- ♥ ANY FORM OF ALCOHOL IS BAD FOR THE HEART
- ♥ LOW LEVEL DRINKERS WHO ENGAGE IN HEAVY EPISODIC DRINKING ARE ALSO AT AN INCREASED RISK

EXERCISE AT LEAST 30 MIN A DAY



- ♥ ENGAGE IN 30-60 MINUTES PER DAY OF MODERATE AEROBIC PHYSICAL ACTIVITY FOR AT LEAST 5 DAYS A WEEK
- ♥ REDUCE SEDENTARY TIME, TO ENGAGE IN ATLEAST LIGHT ACTIVITY THROUGHOUT THE DAY
- ♥ PERFORM RESISTANCE EXERCISES 2 OR MORE DAYS PER WEEK IN ADDITION TO AEROBICS

LEAD A LOW STRESS LIFESTYLE



- ♥ KEEP A DAILY ROUTINE
- ♥ GET ENOUGH OF SLEEP (AT LEAST 7 HOURS)
- ♥ CONNECT AND KEEP IN TOUCH WITH YOUR LOVED ONES