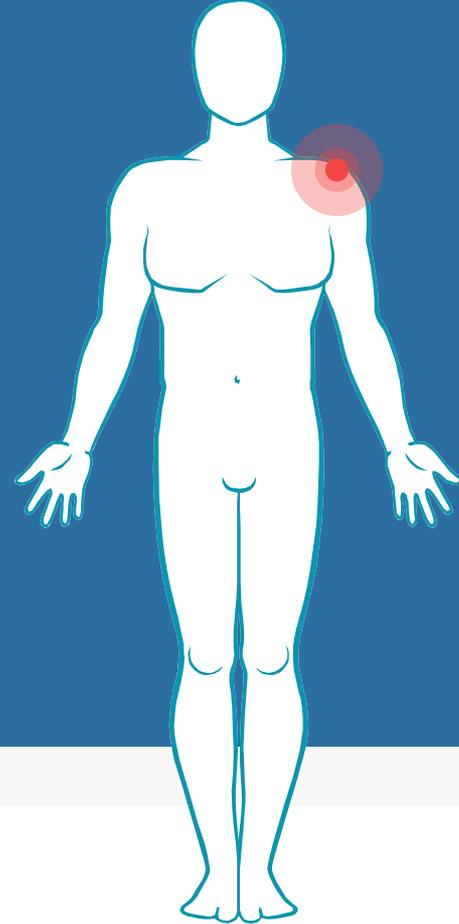


On-Call

Digital Resources

How can you protect your
heart at any age



It is not only about age

- Even if we associate heart diseases with old age, they may concern younger people as well. Unhealthy lifestyle can lead to heart stroke and other heart diseases even in young age.

Main reasons

- Main reasons of heart diseases:
 - Smoking
 - Unhealthy diet
 - Lack of physical activity
 - Overweight
 - Not getting enough sleep

Main reasons

- Main reasons of heart diseases:
 - Stress
 - High blood pressure
 - High cholesterol levels

Preventing heart diseases with diet

- Food, that is good for your heart:
 - fruits and vegetables,
 - whole grains
 - fish (oily fish-at least twice per week)
 - nuts,
 - seeds



Preventing heart diseases with diet

- General dietary rules:
 - Don't have meat with every meal
 - Choose lower fat dairy products
 - Limit sugar intake
 - Avoid red meat.



Preventing heart diseases with exercises

How should you exercise in order to prevent heart diseases:

- ▶ Focus on aerobic exercises
- ▶ Exercise 30 minutes daily (at least three or four times a week)
- ▶ If you take any prescription medicines consult your physician first
- ▶ Always remember about warming up and cooling down



Quit, or avoid getting into addictions

All kinds of drugs, alcohol, cigarettes, tobacco or even coffee significantly increases the risk of heart diseases.



Be happy, stay healthy

The best way to prevent heart diseases is to take care of yourself at both physical and mental level.

Living a healthy life style –eating right, exercising a bit a avoiding additions goes a long way here.

Cutting stress of your life also plays significant role in preventing all types of heart diseases.





Erasmus+

This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot
be held responsible for any use which may be made of the information contained therein.