

# REDUCING CARDIAC RISK

## WHO IS MOST AT RISK?

- Men older than 45
- Women older than 55
- If you are a smoker
- If you have high cholesterol
- Family history of cardiovascular disease, or diabetes
- If you have high blood pressure
- If you are overweight

## HEALTHY EATING AND NUTRITION



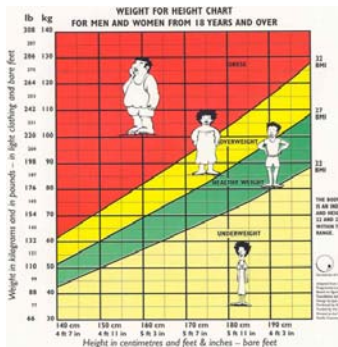
Eating a balanced diet – rich in whole foods, fibre, fruit and vegetables and low in saturated fats, sodium, and takeaways

## INCREASE PHYSICAL ACTIVITY



Just 30 minutes or more of moderate physical activity on most days of the week. Join a sports club, try a new activity, or increase incidental exercise.

## WEIGHT MANAGEMENT



Aim to be within the Healthy BMI range of 18.5 to 24.9. Reduce weight by adopting a healthy eating pattern and exercising.

## LOWER BLOOD PRESSURE



The best ways to look after your blood pressure are to lower sodium/salt intake, lose weight if overweight, do regular moderate physical activity, adopt a healthy eating pattern.

## STOP SMOKING



Stopping smoking is the **MOST** important thing you can do for your health. There are different methods for quitting, if you have tried before, don't lose heart. Work with a health professional to help find strategies that work for you

## LOWER CHOLESTEROL



To lower cholesterol, have more servings of dried peas, beans, soy products, oat cereals, whole grains and high fibre cereals. Check saturated fat contents of foods and choose the lowest. **DO NOT** eat white meat fat, chicken skin or processed meats.