



Public Health
England



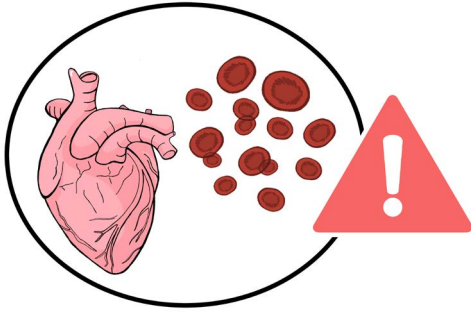
HOW TO KEEP YOUR HEART **HEALTHY**

BECAUSE THERE'S ONLY
ONE YOU

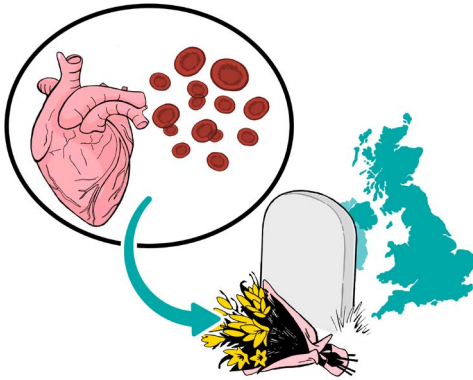


easy read

How can I keep my heart healthy?



Cardiovascular Diseases (CVD) are conditions that affect the heart or blood vessels.



CVD is one of the main causes of death and disability in the UK.



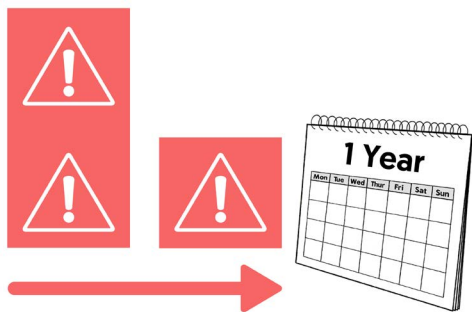
You can lower your risk of CVD by living healthily.

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.



If you quit smoking your risk of heart disease halves after a year.



You are four times more likely to quit with support from your local stop smoking service.



NHS Smokefree Helpline: 0300 123 1044

Monday to Friday: 9am to 8pm

Saturday and Sunday: 11am to 4pm



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

www.nhs.uk/smokefree

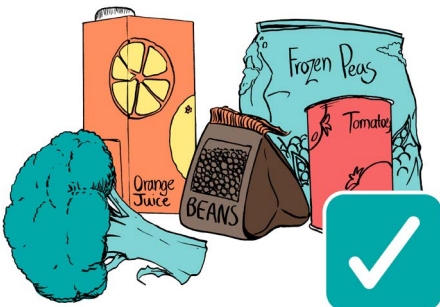
I can improve my diet



Eating a healthy, balanced diet is important for a healthy heart and can help you feel your best.



Try to eat at least 5 portions of different fruit and vegetables each day.



These can be fresh, frozen, tinned, dried or juiced.



People who eat at least 5 portions a day have a lower risk of heart disease, stroke and some cancers.

There are lots of things that can help you eat better on the One You website.

There are recipes, ideas and some easy ways you can change the way you eat.

www.nhs.uk/oneyou



I can reduce how much alcohol I drink

Measuring how much you drink



Half a pint of normal lager
= 1 unit



A single shot of spirits
= 1 unit

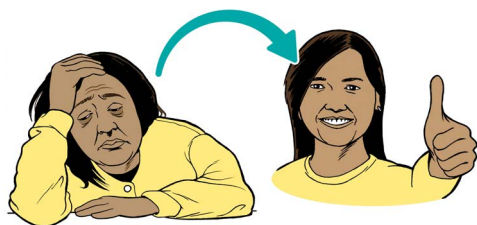


A small glass of wine (125ml)
= 1½ units

Men and women are advised not to drink more than 14 units of alcohol a week



Mon	Tues	Wed	Thur	Fri	Sat	Sun
×	×		×			×



Tips on cutting down

Have several drink-free days each week.

If you cut down the amount of alcohol you drink you will feel better in the mornings and less tired during the day.



Cut back a little each day. That way, every day you do is a success.

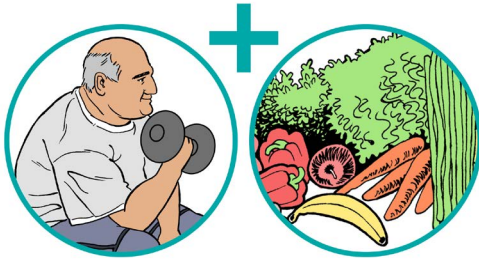
There are lots more tips for cutting down alcohol on the One You website.

You can try using the free drinks tracker app.

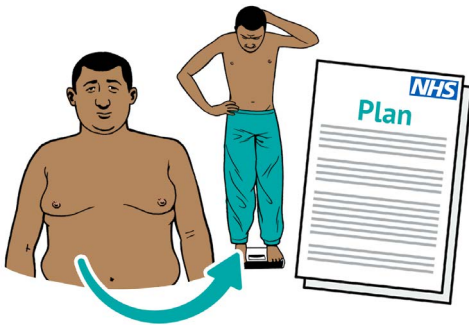
www.nhs.uk/oneyou



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.



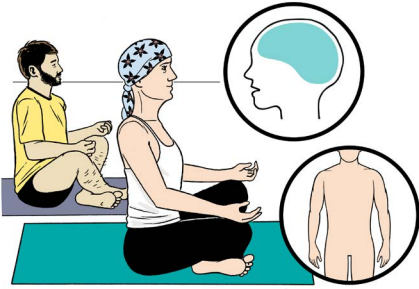
It's a good idea to seek the advice of a health professional before starting on any weight loss programme.

There are lots of things that can help you eat and drink better, and do more exercise on the One You website.

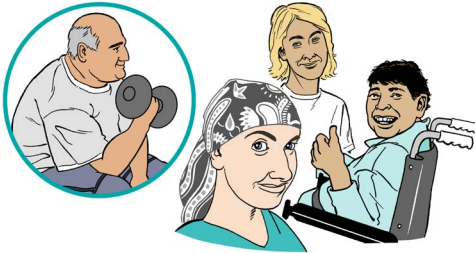
www.nhs.uk/oneyou



I can increase my physical activity



Physical activity is good for your body and your mind.



It can prevent and help with lots of conditions and diseases.



You should aim to do 150 minutes moderate exercise per week, but even a little movement is better than nothing.



A brisk 10 minute walk counts as exercise and has lots of health benefits.



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



For moderate exercise you should be able to talk but not sing a song.

There are lots of things that can help you on the One You website.

You could also try using the free Active 10 app or Couch to 5k app.

www.nhs.uk/oneyou



What will I do to lower my risk?

Think about:

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

What part of my health is most important to me?

What help do I need?



My goals...

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CHANGE

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