



Public Health  
England



# HOW TO KEEP YOUR HEART HEALTHY

BECAUSE THERE'S ONLY  
**ONE YOU**

# MODERN LIFE CAN MAKE IT HARD TO BE HEALTHY.

Whether we are eating the wrong things, drinking more than we should, continuing to smoke or not being active enough, all of these things add up.



The behaviors we adopt today can decrease our risk of serious illnesses like type 2 diabetes, heart disease and cancer.

Making small changes now can improve your health straight away and double your chances of staying healthy as you get older. It's never too late to start.

## STOPPING SMOKING

# IS THE SINGLE BEST THING YOU CAN DO FOR YOUR HEART.



No matter how long you've smoked for, quitting helps improve your health straight away.

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.

### Tips

- Local Stop Smoking Services provide free expert advice and medication, and you are three times as likely to quit than by using willpower alone.
- There is growing evidence that e-cigarettes can help people stop smoking. For anyone smoking, they carry a fraction of the risk of cigarettes and can be particularly effective when combined with extra quitting support.

### Resources

- There are lots of practical tools and resources on the NHS Smokefree website: search 'smokefree' online
- NHS Smokefree helpline 0300123 1044 open Monday to Saturday 9am – 8pm and Sunday 11am to 4pm



Download our Smokefree app to get daily support and motivation, and kick the habit for good.

# HEALTHY DIET



## A HEALTHY, BALANCED DIET CAN IMPROVE YOUR HEALTH AND HEART.

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 are still not eating enough fruit and vegetables. They should make up over a third of the food we eat each day.



### Eating your 5 a day

Eating 5 portions of either fruit and veg each day can lower the risk of heart disease. Fruit and vegetables are a good source of vitamins, minerals and fibre.



### Protein

Beans, pulses, fish, eggs and meat foods are good sources of protein, vitamins and minerals. Pulses, like beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too.



### Dairy or dairy alternatives

Milk, cheese, yoghurt and fromage fraise are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones strong.

## TRY NOT TO EAT TOO MUCH...



### Salt

For a healthy heart, it is important not to eat too much salt. To reduce your blood pressure and lower the risk of heart disease, it is recommended that adults eat less than 5g of salt a day.



### Saturated fats

Certain fats are worse than others, such as saturated fats found in sausages and burgers. To keep your heart healthy, aim to keep bad fats to less than 6% of your total daily calories.



### Sugar

Eat foods high in sugar less often and in small amounts. These foods include chocolate, cakes, sugary soft drinks and ice cream. Be aware of hidden sugar in food too.

### Tips

- Use the "Food Scanner" app to see how much sugar and fat is in your favourite food or drink — look for products that are low in sugar and low in saturated fat
- Fruit juice counts as one of your 5 a day no matter how much you have. So limit the amount you have and drink no more than 150ml a day.
- Avoid adding salt to cooking.

### Resources

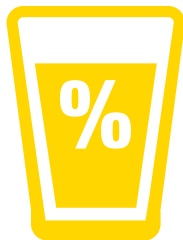
- There are lots of practical tools and resources on the 'One You' website, including the benefits of eating well, a range of healthy recipe ideas and some simple ways you can make a change. Search 'One You' online.



Download our Easy Meals app to get lots of delicious, easy meal ideas to help you eat more healthily.

## REDUCING ALCOHOL

**BOOSTS ENERGY  
LEVELS AND  
IMPROVES THE  
QUALITY OF YOUR SLEEP.**



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**

- 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.

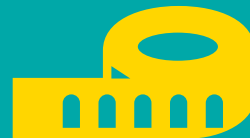
### **Resources**

- 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



Download our Drink Free Days app which provides reminders, support and practical advice to change your drinking habits for good.

## HEALTHY WEIGHT



**MAINTAINING  
A HEALTHY WEIGHT  
WILL KEEP YOUR  
HEART HEALTHY.**

If you're overweight or obese, a combination of regular physical activity 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.

### **Tips**

- The NHS Weight loss 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.
- Keep track of calories and especially hidden sugars in food.
- Make small swaps. Swap your next snack for something healthier.
- Cut down on the booze, because alcohol is made from sugar and starch which make up a lot of calories.

### **Resources**

- There's lots of practical tools and resources on the One You website, including advice on eating, drinking and ways to increase levels of physical activity.
- Charities such as the British Heart Foundation and Diabetes UK have lots of healthy recipe ideas.

## MOVE MORE

# BEING MORE PHYSICALLY ACTIVE AND MOVING MORE CAN BENEFIT YOUR HEALTH.



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

Moving more doesn't have to be a workout in the gym! There are many ways to increase your physical activity.

### Tips

- 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 three 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.

### Resources

- 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?

**ACTIVE**  
**10**

Download our Active 10 app and start tracking your minutes today. Search 'Active 10 app' online.

## CHECK YOURSELF



# CHECKING YOUR BODY'S MOST IMPORTANT SYSTEMS ARE ALL RUNNING SMOOTHLY IS A GREAT WAY TO BEGIN.

### Tips

- If you're over 40 and have been invited to attend a FREE NHS Health Check, make sure you book your appointment as soon as possible to get personalised health advice and access to specialist support.
- Do you know your numbers? High blood pressure often has no symptoms - but it puts you at higher risk of heart attacks and strokes. Many pharmacists offer this service free of charge; why not ask your local pharmacists if they can check your blood pressure.
- Find out if you're a healthy weight by checking your body mass index (BMI). The results can tell you about the risks of developing type 2 diabetes, certain cancers and heart diseases.

### Resources

**HEART**  
**AGE**

Our Heart Age Test is the perfect place to start. It's a free online test that can reveal your heart age and how to lower it. Search 'Heart Age Test'.

## STRESS LESS

# STRESS AFFECTS MORE THAN YOUR MIND...



Stress can affect the way you feel, think, behave and how your body works – from how well you sleep to your immune system.

Everyone feels stressed sometimes. Stress is caused by our body's reaction to feeling threatened or under pressure. We all have different ways of reacting to pressure, and your comfortable level may be higher or lower than others around you.

### Tips

- Talk to someone. Friends, family and colleagues help us relax and unwind, and offer a different point of view.
- Challenge yourself. Set yourself new goals, such as trying a new sport or learning a new skill.
- Plan ahead. Spending a little time planning out any upcoming stressful days or events can really help.
- Chunk those challenges. See if you can break a big task down into easier chunks, and give yourself credit for getting them done.
- Allow yourself some positivity. Take a minute to think about the good things in your life.
- Accept and focus. Sometimes a difficult situation causes us unavoidable stress and we feel like we have no control. Try to find something you can change and focus your attention on that.

### Resources

- To find out more visit [nhs.uk/oneyou/stress](https://www.nhs.uk/oneyou/stress)

## SLEEP BETTER

# RELAX YOUR MIND, IMPROVE YOUR MENTAL AND EMOTIONAL WELLBEING.



It's important to get a good night's sleep. It can boost your immune system and help you fight off illness.

Good sleep is important for our health. When we're asleep our brains are actually recovering from the previous day. We need sleep to give our brains and bodies rest, and improve our mental and physical health. We tend to need less sleep as we get older.

### Tips

- Create a restful environment. Dark, quiet and cool environments generally make it easier to fall and stay asleep.
- Keep regular sleep hours. Going to bed and getting up roughly around the same time each day helps to teach your body to sleep better.
- Wind down before bed. Try to switch off your phone, computer and TV at least an hour before bed. You could try reading a book, having a warm bath or try using a sleeping app.
- Put down the pick-me-ups! Caffeine can stop you falling asleep and prevent deep sleep. Warm milky drinks or herbal tea can help you drift off.

### Resources

- One You has some more tips and resources to help your emotional and mental wellbeing. To find out more visit [nhs.uk/oneyou/sleep](https://www.nhs.uk/oneyou/sleep)



# NOTES

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# RESOURCES

Below are some useful resources to help keep you and your heart healthy.

**One You** - Range of resources including Apps to help you lead a healthier lifestyle - <https://www.nhs.uk/oneyou/>  
<https://www.nhs.uk/oneyou/apps/>

**Body Mass Index calculator**  
<https://extras.bhf.org.uk/patientinfo/bmi-v1.01/app/index.html>

**British Heart Foundation Eat Better Resource**  
<https://extras.bhf.org.uk/patientinfo/bmi-v1.01/app/index.html>

**Diabetes UK recipe finder**  
<https://www.diabetes.org.uk/Guide-to-diabetes/Recipes>

**Free NHS weight loss plan**  
<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan>

**Free NHS Health Check service**  
<https://www.nhs.uk/conditions/nhs-health-check/>

**NHS Health Apps** - A range of Apps approved by the NHS which can help you manage your health and wellbeing  
<https://www.nhs.uk/apps-library/>

**West Yorkshire and Harrogate healthy hearts web site.**  
<https://www.westyorkshireandharrogatehealthyhearts.co.uk/>  
This website will provide you with more information about the healthy hearts programme in West Yorkshire and Harrogate.

The healthy hearts website for those living and working in **Humber Coast and Vale** has much more information about local support and services to keep your heart healthy.  
<https://www.humbercoastandvalehealthyhearts.co.uk>



BECAUSE THERE'S ONLY  
**ONE YOU**

## Search One You

and take the free health quiz to  
begin the journey to a healthier you.



[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)