SHOW YOUR HEART SOME LOVE
THIS VALENTINES DAY

Valentine's Day is all about hearts, so it is a great time to think about your own heart health ensuring it is happy and healthy!

Top Tips for a Healthy Heart:

Eat a balanced diet:
Load up on fruits, vegetables, whole grains, lean protein and healthy fats like those found in oily fish, avocados, and nuts. See article 'Eating Healthy on a Budget' for more tips.

Be more active:
Adults should be aiming for 150 minutes of moderate intensity activity each week. Any aerobic exercise, such as walking, swimming and dancing, makes your heart work harder and keeps it healthy.

Maintain a healthy weight:
Losing even a small amount of weight can make a big difference for your heart health.

Reduce alcohol consumption:
avoid binge drinking and try not to drink more than 14 units per week.

How healthy is your diet? Take THIS QUIZ to find out...

Quit smoking:
Smoking is one of the worst things you can do for your heart. There's support available to help you quit.

Reduce stress:
Find healthy ways to manage stress, such as yoga, meditation, or spending time in nature.

Know your numbers:
Get your blood pressure and cholesterol checked regularly. Keep an eye out for our next 'Health Check Point' dates.

Small Changes, Big Impact:

- Swap sugary drinks for water
- Choose stairs over the lift
- Cook more often
- Limit processed foods
- Get enough sleep
- Subscribe to **Heart Matters newsletter,** a guide to better heart health

#HealthyHeart #ValentinesDay
#HeartHealth #LoveYourHeart

Spread the Love:

Share these tips with your loved ones! This Valentine's Day, show your heart and the hearts of those you care about some extra love.

Would you like to get trained in some life-saving skills? Check out the British Heart Foundation to Learn CPR.

Do you have any heart health concerns? Contact **Heart Helpline** for free, to speak to a cardiac nurse.

YouMatter

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