



HEALTH AND WELLBEING CHECKLIST

Date

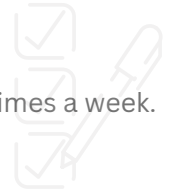
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Heart Health Habits

Adopting heart-healthy habits can reduce the risk of cardiovascular disease and improve overall well-being. Use this checklist to protect your heart health.

Incorporate Aerobic Exercise

- Engage in activities like walking, running, or swimming for at least 30 minutes a day, 5 times a week.
- Tip: Find an activity you enjoy to make it sustainable.



Eat Heart-Healthy Foods

- Focus on fruits, vegetables, whole grains, nuts, and lean proteins.
- Example: Add salmon, leafy greens, and oats to your meals.



Limit Sodium Intake

- Reduce processed foods and season meals with herbs instead of salt.
- Tip: Check food labels for hidden sodium content.



Control Portion Sizes

- Avoid overeating by using smaller plates and serving reasonable portions.
- Example: Visualise portions: a fist-sized serving of grains, a palm-sized protein.



Stay Active Throughout the Day

- Incorporate movement by standing, stretching, or walking during breaks.
- Tip: Aim for at least 10,000 steps daily or use a pedometer to track movement.



Manage Stress Levels

- Use techniques like meditation, deep breathing, or hobbies to reduce stress.
- Example: Spend minutes practicing mindfulness.





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Heart Health Habits

Avoid Smoking and Excessive Alcohol

- Quit smoking and limit alcohol to one drink per day for women, two for men.
- Tip: Seek support groups or resources if quitting feels challenging.



Monitor Your Blood Pressure and Cholesterol

- Check levels regularly and follow your doctor's advice for managing them.
- Tip: Keep a log of your readings to track progress.



Maintain a Healthy Weight

- Balance calorie intake with physical activity to achieve and maintain a healthy weight.
- Example: Use a food diary or app to monitor your diet.



Get Regular Health Checkups

- Visit your doctor annually for heart health screenings and personalised guidance.
- Tip: Ask about your risk factors and preventive measures.



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