

INGREDIENTS FOR A HEALTHY HEART



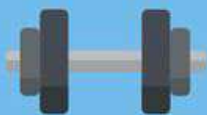
Balanced diet.
Fish high in omega-3s, almonds, nuts and berries will all help your heart.



Manage stress.
Positive thinking and light exercise are ways to deal and manage your stress.



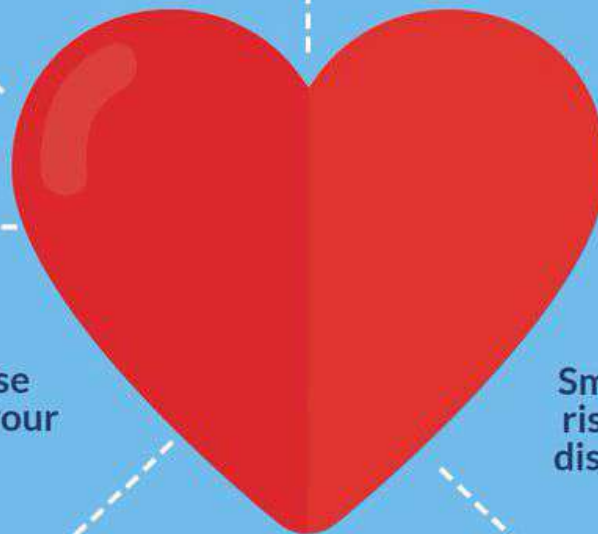
Get enough sleep.
This will lower your risk of cardiovascular disease and coronary heart disease.



Get active.
Doing cardio exercise helps to strengthen your heart muscles.



Don't smoke.
Smoking increases your risk of stroke and heart disease by up to 4 times.



Maintain a healthy weight.
Excess weight increases your risk of stroke, heart disease and diabetes.



Manage your blood pressure.
Inadequately treated high blood pressure can lead to heart attacks and strokes.

