

# Employee Wellness Communication

## 29 September



# World Heart Day

AT THE HEART OF HEALTH

## share the power



**know  
your heart**

## Know your heart

Looking after your heart starts with understanding your risk, so make sure you know all your health numbers. Visit your healthcare professional and ask for a few simple checks. Remember, knowledge is power.



**move  
your heart**

## Move your heart

Physical inactivity can contribute significantly to heart disease as it can lead to unhealthy weight gain, diabetes and raised blood pressure. Today, take control of your heart health by getting more active.

- Aim for at least 30 minutes of moderate-intensity activity five times a week
- Playing, walking, housework, dancing – they all count!
- Be more active every day – take the stairs, walk or cycle instead of driving
- Exercise with friends and family – you'll be more motivated and it's more fun!
- Before you start any exercise plan check with a healthcare professional
- Download an exercise app or use a pedometer to keep track of your progress



**fuel  
your heart**

## Fuel your heart

Eating and drinking well gives your heart the fuel it needs for you to live your life. Today, make just a few simple changes to your diet to help reduce your own and your family's risk of heart disease and stroke.

- Try not to eat so many processed and prepackaged foods which are often high in sugar and fat
- Cut down on sugary beverages and fruit juices – choose water or unsweetened juices instead
- Swap sweet, sugary treats for fresh fruit as a healthy alternative
- Try to eat 5 portions (about a handful) of fruit and veg a day – they can be fresh, frozen, tinned or dried
- Keep the amount of alcohol you drink within recommended guidelines
- Make your own healthy school or work lunches at home



**love  
your heart**

## Love your heart

Stopping smoking is the single best thing you can do to improve your heart health. Today, make a commitment to quit and reduce your risk of heart disease and stroke, and that of those around you.

- Within 2 years of quitting, the risk of coronary heart disease is substantially reduced
- Within 15 years the risk of CVD returns to that of a non-smoker
- Exposure to secondhand smoke is also a cause of heart disease in non-smokers
- So by quitting you'll not only improve your health but that of those around you
- If you're having trouble stopping smoking, ask for professional advice on how to quit
- You can also ask your employer if they provide smoking-cessation services

Visit: <https://www.worldheartday.org/> for more info

**Alan Brand**  
**POSITIVELY ALIVE** <sup>cc</sup>  
Employee Wellness Consultant and Specialist  
Trainer

Mobile: +27 (82) 453-0560

E-mail: [albrand@iafrica.com](mailto:albrand@iafrica.com)

Website: [www.positivelyalive.co.za](http://www.positivelyalive.co.za)

