

A Heart for Life



How Young
Is Your
Heart ?



Let it beat

Bankers  **Heart Institute**
NABH Accredited & Govt. Approved

Your Lifestyle



is the key to wellness.

Today, most Indians die from heart diseases. Many deaths can be PREVENTED by changes in lifestyle and health habits.

ASK YOURSELF



Do I EAT RIGHT and maintain my proper WEIGHT ?

Do I get enough EXERCISE ?



Do I take TOBACCO or abuse ALCOHOL ?

Am I under too much STRESS ?



Your Health Depends a Lot on YOU !

Anti Aging Nutrition Secrets

Feeling & looking young is more within your control ... Here are some tips :

Consume "Anti Aging Products" :

Eating fibre rich Foods such as whole sprouted pulses & green leafy vegetables lower risk for developing age-related diseases such as heart disease, cancer, HT.



Load up on age-defying antioxidants :

Fruits & vegetables are gold mines of longevity enhancing compounds called antioxidants - Vitamin C, Vitamin E, Beta carotene, Calcium, Magnesium & low in calories which keeps heart forever young.



Limit fat intake :

A low fat diet helps stay healthy. Whenever possible do not fry food. It is better to grill, bake, toast or boil food. Make use of low fat milk & milk products, low fat spreads.



Limit sugar intake :

Sugary foods & drinks are high in calories & too much intake may cause weight gain.



Get your fat from fish :

The fats in fish called omega-3 fatty acids, lowers heart disease risk & stimulates the immune system.



SO ADOPT HEART HEALTHY EATING PATTERNS TO HELP MAINTAIN A YOUNG HEART FOR LIFE ...

Physical activity & heart health

Heart muscles need regular exercise to keep it pumping blood efficiently with every heart beat & thus helps delay the ageing of heart.

So....choose to move !!!

Activity	Calories Burned*/30 min.
Aerobic	248
Bicycling (10 mph/16 kph)	201
Dancing	209
Housework	82
Jogging (6 mph/12 kph)	455
Swimming	278
Tennis	205
Walking (4 mph/6 kph)	180

* Figures are for a person who weights 63-68 kg (140-150 pounds)

Ten Reasons to Run !!!



Running is one of the best cardiac exercise that helps to have a fit & young heart.

1. Running is the most efficient path to cardiovascular fitness.
2. Running helps to have a younger heart even at old age.
3. Running is inexpensive & simple to learn.
4. Running is the best method of stress reduction.
5. Running is accessible to everyone.
6. It's an excellent component of weight control.
7. It's a flexible method of training.
8. It makes you feel good.
9. It benefits your muscles in an excellent way.
10. It's for families & individuals of all ages.

Balancing diet & Exercise is the key to a young heart.

Quit smoking Now

Smoking is another risk factor that should be controlled to have a young heart



By quitting smoking you will ...

- Prolong your life
- Reduce the risk of coronary heart diseases
- Reduce blood cholesterol levels
- Reduce blood clotting & chance of a sudden blockage of an artery
- Improve your exercise tolerance
- Improve your sense of taste & smell
- Feel healthier & look better as it delays ageing.

Release that stress !!

Meditation & laughter releases endorphins, a chemical that helps to reduce physical & mental stress.



**So don't worry & be happy to stay
Healthy, Hearty & Young !!!**

We can do it ... !



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