A Heart for Life





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?





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.

- 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.
- It's a flexible method of training.
- 8. It makes you feel good.
- 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

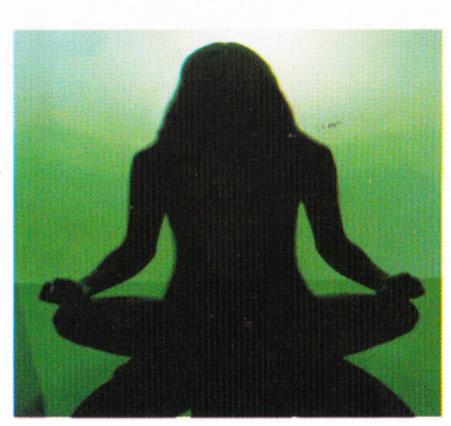


By quitting smoking you will ...

- 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 !!!



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