

Top Tips for a Healthy Heart

Improving your overall health and wellbeing is the key to improving your heart health.

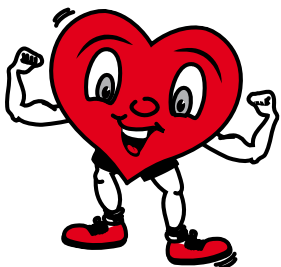
Some of the risk factors that contribute to developing heart disease or worsening your heart condition include:

- **Smoking:** Quit smoking as soon as possible
- **High blood Cholesterol level:** Aim for a cholesterol level below 5
- **Blood pressure:** A blood pressure reading of less than 140/90 is within healthy limits
- **Diabetes:** Blood sugar levels should be 3.6 – 8
- **Overweight:** Ideal body mass index is less than 25 (27 for older adults)
- **Alcohol:** Not more than two standard drinks a day for women or three standard drinks a day for men. Remember to have at least two alcohol-free days per week
- **Lack of exercise /activity:** At least 30 minutes of moderate exercise five days a week
- **Poor Diet:** Improve your eating habits. Reduce your intake of fats and aim for 5 portions of fruit and vegetables each day

TOP TIPS for a HEALTHY HEART

- Be aware of your heart health
- Improve your life style
- Get moving and be active

St George Private Hospital is one of the largest Private Hospitals in Sydney. St George Private has a strong reputation for providing an exceptional standard of clinical excellence across a broad range of services – in particular Cardiac Services!



Healthy Heart
for a Healthy Life

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