



A day close to our hearts

Description

World Heart Day on 29 September serves as a gentle yet poignant reminder of the importance of heart health and the steps we can take to prevent cardiovascular disease.

Cardiovascular disease (CVD), which includes conditions such as heart disease and stroke, is the leading cause of death globally. However, with timely interventions, many of these deaths can be prevented.

World Heart Day aims to create global awareness about the significance of heart health and adopting lifestyles that reduce the risk of CVD. It encourages individuals, families and communities to become the heroes of their own heart stories.

Getting the blood pumping

Our heart, a muscle barely the size of our fist, is the lifeline that pumps life-sustaining blood throughout our body. It supplies essential nutrients and oxygen to our organs and removes waste products. But in the modern world, factors such as sedentary lifestyles, unhealthy diets and high stress levels put undue pressure on this vital organ, increasing the risk of CVD.

How to improve our heart health



- **Balanced diet:** Eating a diet rich in whole grains, fruits, vegetables and lean proteins can reduce the risk of heart ailments. Limiting the intake of processed foods, salts and trans fats is also important.
- **Regular exercise:** Physical activity strengthens the heart. Aim for at least 150 minutes of moderate-intensity exercise, such as walking or cycling, per week.
- **Avoid tobacco:** Smoking or consuming tobacco in any form is bad for your heart. Passive smoking can also harm the cardiovascular system.
- **Limit alcohol:** Drinking too much alcohol can lead to high blood pressure, heart failure and even stroke.
- **Manage stress:** Chronic stress may lead to heart issues. Techniques such as meditation, deep breathing exercises and spending time in nature can help mitigate stress.

World Heart Day is a global commitment to prioritising our heart health. As we mark this day, let's remember that every heartbeat matters. By making informed choices and advocating for heart-friendly policies, we can ensure a heart-healthy future for ourselves, our clients and generations to come.

Category

1. Our Wellness

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