

Congratulations! You are about to take a very big step towards reducing your **CARDIOVASCULAR RISK***

The main **cardiovascular risk factors** are the following:



Follow the **tips below** and improve your **cardiovascular health**:

1 Maintain a healthy weight and watch what you eat:

EVERY DAY EAT	ALMOST EVERY DAY EAT	EAT LESS
 Fruits & vegetables, cereals, pulses.	 Fish	 Meat and cheese
DON'T EAT	AVOID	
 Salamis, butter, bacon, offal, pastries and cakes	 Sugary drinks (soft drinks, colas, packaged juices and energy drinks)	 Processed foods

3 Get physically active. Exercise **every day**

Walk at least **30 min** PER DAY **5** DAYS A WEEK
brisk walking

Take the **stairs** instead of using the elevator

Use the **car** less

If you do more vigorous exercise like **running, swimming or cycling** take your **pulse**

2 Avoid alcohol. The less, the better!



4 Don't smoke. Ask your doctor/nurse if you can't quit.



* Cardiovascular risk: likelihood of heart and artery disease.