

BE HEART SMART

Heart Disease Awareness

The perfect time to start improving your ticker is now. No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.



Choose a healthy eating plan.

The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, trans fat, cholesterol, sodium and added sugars and sweeteners. Eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish – at least twice per week), nuts, legumes, and seeds. Also try eating some meals without meat. Select fat-free and low-fat dairy products and lean meats and poultry (skinless). Limit sugar-sweetened beverages.

Be physically active.

You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (like brisk walking) every week of an hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (such as jogging or running, or a combination of both) every week. Additionally, dedicate two or more days a week to muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

What You Can Do

- ✓ Visit your doctor for regular wellness exams.
- ✓ Do not smoke and avoid secondhand smoke.
- ✓ Know your family's medical history.
- ✓ Watch your weight.
- ✓ Have your blood sugar level checked.
- ✓ Learn the warning signs of heart attack and stroke.
- ✓ Make heart-healthy living a family affair.



Canada Medical Group
Quality Health Care Close to Home



Today, heart disease and stroke take one life every 7 minutes and 90% of Canadians have at least one risk factor (*Heart & Stroke Foundation*). Talk to your doctor about your heart health today.