

When you look after your heart it means eating and drinking well, exercising, stopping smoking... all the things that make you not only healthier, but also feel good and able to enjoy your life to the fullest.

World Heart Day plays a crucial role in changing all of this. It is a vital global platform that we, as well as our members and supporters, can use to raise awareness and encourage individuals, families, communities and governments to take action now. Together we have the power to reduce the burden of, and premature deaths from, CVD, helping people everywhere to live longer, better, heart-healthy lives.



### Visit your healthcare professional and ask for a few simple checks

- ❖ Check your blood glucose levels
- ❖ Check your blood pressure
- ❖ Check your numbers ( BMI)
- ❖ Understand the signs and symptoms of a heart attack



**MAKE YOUR HEART PROMISE**  
The main call to action for this year's campaign is to make a promise. A promise as an individual to get more active, say no to smoking or eat more healthily ... as a healthcare professional to save more lives ... or as a policymaker to implement a noncommunicable disease (NCD) action plan. A simple promise... for MY HEART, for YOU HEART, for ALL OUR HEARTS.

### Promise to eat well and drink wisely

- ❖ Cut down on sugary beverages and fruit juices – choose water or unsweetened juices instead
- ❖ Swap sweet, sugary treats for fresh fruit as a healthy alternative
- ❖ Try to eat 5 portions (about a handful each) of fruit and veg a day – they can be fresh, frozen, tinned or dried
- ❖ Keep the amount of alcohol you drink within recommended guidelines
- ❖ Try to limit processed and prepackaged foods that are often high in salt, sugar and fat
- ❖ Make your own healthy school or work lunches at home
- ❖ Aim for at least 30 minutes of moderate-intensity physical activity 5 times a week
- ❖ Or at least 75 minutes spread throughout the week of vigorous-intensity activity





**Create and share your promise and be a Heart Hero**

<https://www.world-heart-federation.org/world-heart-day/create-a-poster>

