



Exercise regularly

Regular moderate exercise, such as walking is vital for a healthy heart. A 20-30 minute brisk walk daily helps to reduce your risk of heart disease. It helps to lower blood pressure, blood cholesterol and also helps to maintain a healthy weight level. The Heart Foundation recommends 30 minutes or more of moderate exercise on most, if not all, days of the week. The 30 minutes need not be in one session. You can combine short sessions of different activities or around 10-15 minutes each, to a total of 30 minutes or more.

Blood Pressure monitoring

What is Blood Pressure? Blood pressure is the pressure of the blood in your arteries as it is pumped around the body by the heart. Most often people are unaware of their high blood pressure therefore, it is of the most importance to have regular checks for early detection. If you do have high blood pressure it is important that your doctor advises you on treatment.

By taking all these above factors into account you are able to considerably reduce your risks of heart disease.

For more information here are some internet sites you can visit:

www.cholesterolcheck.info/Cholesterol%20Information.htm

www.heartfoundation.com.au

www.betterhealthchannel.com.au