



Fighting Heart Disease & Stroke

Self-Care is Heart Care

5 tips for Heart Health



STRESS LESS

Try healthy ways to deal with stress such as exercise or taking up a hobby.



FOLLOW A MEDITERRANEAN STYLE DIET

Try to reduce the amount of salt, alcohol, red meat, butter and highly processed foods that you consume.



MAKE EXERCISE PART OF YOUR DAY

Remember, everyday activities count, so look out for opportunities to be active throughout the day.



IF YOU SMOKE, QUIT!

Smoking doubles your risk of developing heart disease. For support, speak to your GP or pharmacist.



KNOW YOUR RISK FACTORS

Know your numbers when it comes to Blood Pressure, Pulse, Cholesterol, BMI and Blood Sugar by having regular checkups with your GP.

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