

HEALTHY HABITS promotion plan

PREVENTION OF CARDIOVASCULAR RISK



SEPTEMBER
2021



Control your cardiovascular risk: We propose ten essential rules to avoid becoming a victim of cardiovascular diseases and improve your quality of life.

Practice a balanced and varied diet. Fruits, vegetables, fish, olive oil, lean meats, whole grains and skimmed dairy should not be missing in your diet. Remember: salt, sugars and alcohol only sparingly.

Don't smoke. And if you do, leave it now! Even smoking little multiplies the risk of brain or heart attack. Seek help if you can't leave it alone.

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Spend 30 minutes per day exercising your body. Choose the exercise that best suits your physical condition: walking, dancing, running, outdoor activities...



Control your weight. Measure your Body Mass Index (BMI). It's easy: divide your weight in kilograms by the squared of your height in meters. If the result is over 25 kg/m² it is considered overweight. Above 30 kg/m² is obesity.

Check your cholesterol and glucose levels. The best way to keep them at bay is to follow a healthy diet and exercise. If after a fasting analysis your figures are above 190 mg / dl of total cholesterol and 110 mg / dl of glucose, you should consult with a specialist.

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Watch for fat accumulated in the abdomen. It is dangerous for your heart. Measure your abdominal perimeter at navel level. In women it should be below 88 cm and in men below 102 cm.



Get enough sleep. For sleep to fulfill its restorative function we must get enough sleep, depending on personal characteristics, with a recommended minimum of 6 hours.

Manage your stress and anxiety. Increased emotional tension is dangerous for the heart. Stress at home and at work makes more difficult to follow a heart-healthy lifestyle.

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Check your blood pressure. The maximum systolic (maximum) blood pressure levels are between 120-129 mmHg, and those of diastolic (minimum) between 80 and 84 mmHg.

Know your cardiovascular risk and how your lifestyle should be. Consult with your doctor what diet to follow, what exercises to do, what factors can damage your health... Acting on time is essential to reducing hazards.



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+ SALUDABLE



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THANK YOU FOR YOUR ATTENTION

**Take care of your health, take
care of your future.**