

The health of the heart can be protected through good habits

SOME OF THE HABITS WE MAKE THROUGH OUR LIVES – LIKE SPENDING A LOT OF TIME SITTING, AVOIDING PHYSICAL ACTIVITIES, CONSUMING EXCESSIVE AMOUNTS OF PROCESSED FOOD AND SMOKING; FOR EXAMPLE – MAY SEEM HARMLESS IN THE SHORT TERM, BUT THEY CAN BE PIVOTAL IN DETERMINING OUR WELL-BEING AND THE HEALTH OF OUR HEART.

Have a look at these 5 facts that prove it!



1 **DOING PHYSICAL ACTIVITY AT THE PRESENT MOMENT CAN BE THE RECIPE FOR PREVENTING ILLNESSES SUCH AS HYPERTENSION, CARDIOVASCULAR DISEASE, AND OBESITY IN THE FUTURE.** This is what an article published in the Brazilian Society of Cardiology magazine states. According to one of the studies made, there was a decrease of these pathologies of 28% in men and 35% in women who were physically active through activities such as running or swimming. The results were followed for 11 years.



2 **A SEDENTARY LIFESTYLE INCREASES A PERSON'S CHANCE OF DEVELOPING HEART DISEASE BY 40%.** Doing at least 30 minutes of physical activity a day helps increase the levels of good cholesterol (HDL), reduces the risk of diabetes, hypertension, and atherosclerosis (fatty deposits that clog the arteries).

3 **SMOKING INCREASES THE RISK OF HAVING A HEART ATTACK BY 30%.** People who smoke have a 200% greater risk of having a stroke. So even if you have had previous failed attempts at quitting, you should keep trying. Most former smokers take 3 to 4 attempts to stop.

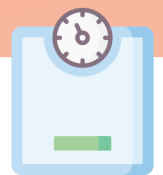


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IT IS ESTIMATED THAT 40% OF VICTIMS OF MYOCARDIAL INFARCTION ALSO HAD HYPERTENSION. This is why measuring your blood pressure regularly and keeping the condition under control if it's been already diagnosed is so essential, because it helps avoid the risks of heart attacks or strokes.

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OBESITY IS THE EXCESSIVE FAT ACCUMULATION IN THE BODY. IT IS AMONG THE LEADING CAUSES OF ISSUES SUCH AS HYPERTENSION, HEART ATTACK AND STROKE. Most of the time, the cause of this excessive weight can be linked to the excessive consumption of foods such as butter, fried foods, deli meats (sausage, ham, salami), fatty cheeses, stuffed cookies, soft drinks and ready-to-eat (RTE) foods.



MOREOVER, WE MUST ALWAYS KEEP IN MIND THAT THE MANAGEMENT OF STRESS, THE DECREASE IN SALT INTAKE AND THE CUT BACK OF ALCOHOL INTAKE ARE ALSO MEASURES THAT MUST BE ADOPTED IN ORDER TO HAVE BETTER PREVENTION AND CONTROL OF CARDIOVASCULAR DISEASES!