

30 MINUTES

of moderately intense physical activity per day helps lower by

35% the risk of early death caused by heart disease.

MOVE MORE



GO FOR A WALK

Whenever you have some free time

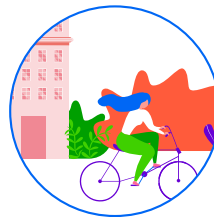


LEAVE

The car at home for short distances

RIDE

A bike, roller-skates, a scooter (not an electric one!)



WALK

Your children to school



USE

Public transport whenever you can



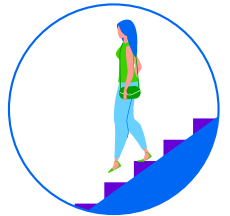
ALIGHT

One or two steps before your destination, so that you can walk a little



CHOOSE

The stairs every time, rather than the lift or the escalator



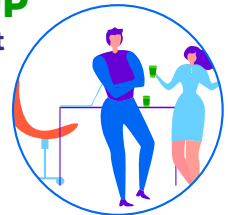
STAND

When using public transport



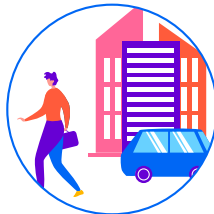
GET UP

And walk around a bit for at least 10 minutes every two hours



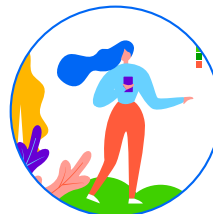
PARK

Your car a few hundred yards from home



CALL

People standing up rather than sitting



Agir pour
le Coeur
des Femmes

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com