

A HEALTHY LIFESTYLE: GOOD ADVICE

MOVE MORE

30 minutes a day of moderate physical activity



EAT HEALTHILY

Fruit and vegetables; less fat, salt and sugar; fish 2 or 3 times a week; fresh, home-cooked produce, etc.



LOWER YOUR STRESS

Mindful meditation, breathing, cardiac coherence, socialising, etc.



STOP SMOKING

Use nicotine substitutes and get help from a health professional

DRINK SENSIBLY

Maximum 2 glasses a day, or 10 a week, and 2 alcohol-free days.



LAUGH

10 minutes every day..



KEEP AN EYE ON YOUR BLOOD PRESSURE

At least once a year at the doctor's or taken at home, in peace and quiet



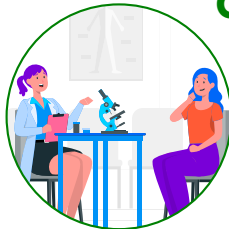
SLEEP

Go to bed and get up at the same time every day, make the bedroom a screen-free zone used only for sleeping, etc.



GET YOUR HEALTH CHECKED REGULARLY

See your GP once a year for a general check-up and blood tests.



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Women's Cardiovascular Healthcare Foundation

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