

5 TIPS TO KEEP YOUR HEART HEALTHY

Did you know that heart disease is the single leading cause of death in Australia? In fact, it took the lives of 17,533 people in 2018 alone. So whilst we are all cooped up in isolation with the COVID-19 pandemic disrupting our every day lives, it's important that we do everything we can to stay on top of our heart health.

Here are our top 5 tips for keeping your heart healthy in the current environment:

1.



Stay active: Regular, daily exercise can reduce your risk of heart disease. While the COVID-19 pandemic has disrupted our everyday routines, it is still important for your heart health to stay active. If you cannot exercise outdoors set up a space inside for a daily workout and look up free online workouts suitable for your fitness level.

2.



Eat a heart-healthy diet: It's easy to snack all day when confined to your house. To maximise your heart health, it's important to eat a healthy diet and enjoy a variety of nutritious foods. Eat plenty of fruits and vegetables, healthy fats and limit processed food which is usually high in both sugar and salt.

3.



Keep your distance & wash your hands: Did you know that people living with heart disease are more vulnerable to complications from COVID-19? To keep yourself and those around you safe, maintain a 1.5m distance from other people (excluding those you live with) and regularly wash your hands thoroughly with soap and water. Always sneeze and cough into your elbow or a tissue, and try to avoid touching your face.

4.



Remain aware of your health state and stay connected with your doctor as needed: If you are experiencing any symptoms (and particularly if you are at high risk with heart problems already), it's important that you call a doctor immediately. With COVID-19, we may not be able to access healthcare the way we are used to, however, connecting with your doctor remotely is now easier than ever.

5.



Get enough sleep: The COVID-19 pandemic has been incredibly stressful and unsettling and for some people has resulted in countless sleepless nights. Remember, adequate sleep is critical for maintaining good heart health so it is important that we do all that we can to maintain a normal routine and get our 7 hours of sleep a night.

For more information or advice
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