Heart health first

Simple lifestyle changes, nutritious diet, and regular exercise can significantly reduce your risk of heart disease

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Prevention is better than cure. Fitness will help you in the long run.

Being healthy is not just merely the absence of a disease. A healthy individual is one who is physically, mentally, emotionally and socially healthy as well. The holy four to keep your heart healthy:

1. Nutrition
2. Physical activity
3. Staying away from bad addiction such as smoking
4. Avoid drinking

Even after making the necessary lifestyle and behavioural modifications, we can only reduce the risk of developing a heart disease but never reduce it to an absolute zero. This is because there are some risk factors which are non modifiable and cannot be changed. These non modifiable risk factors include: l Age l Gender l Ethnicity: South East Asian population has the highest risk of developing a heart disease in the entire world

Genetic make up

Hereditary

But we can take care of a few things to lower our risk of developing a heart disease. These include: l Maintaining your cholesterol levels l Maintaining your blood pressure l Maintaining your ideal body weight

Eating a healthy and nutritious diet

Stay away from addictions such as tobacco, alcohol

Stay physically active
You should undergo an annual health checkup and know your- cholesterol and triglyceride levels, your baseline blood pressure, your blood sugar levels, your Body Mass Index (BMI).
You would exercise for a minimum 30 minutes a day for at least 5 days a week. This means you should do at least 150 minutes of moderate intensity exercises for at least 5 days in a week. Moderate intensity exercises include brisk walking.
Heart healthy habits include: Nutritious, healthy diet Physical activity and maintaining your ideal body weight Avoiding addictions such as with tobacco, alcohol
Sleep
If you quit smoking, you not only reduce the risk of heart disease but also the
risks of developing various types of cancers such as lung cancer, oral cancer and other diseases such as emphysema and bronchitis.
If you plan on quitting smoking, you can do so in the following ways: l Keep yourself busy l Stay motivated l Family and friends support l Join de-addiction groups l Take help from medical professionals in the way of nicotine patches, anti-craving medications
Your diet needs to be tailor-made for your body's nutritional requirements. Make small sustainable changes in your diet so you can maintain a healthy and nutritious diet:
A healthy diet includes a colourful plate and the portion of each colour should be nearly the same. This only goes down to mean that you require equal amounts of carbohydrates, fats, and proteins in your daily diet. Your plate should include a healthy amount of fruits, vegetables, protein, and grains
Switch from full fat milk to toned milk.
An Indian consumes three times more than the daily required salt intake i.e. 9 gm per day as compared to other countries where their daily consumption of salt/ sodium is between 2.5 to 3 g. Switch from regular salt to low sodium salt
Children should not be given pink salt or rock salt since it lacks iodine and can result in iodine deficiency in children. The white salt which is available in the market in India is fortified with iodine. Rock salt has the same amount of sodium as a regular salt.
You need to stay away from simple carbohydrates such as sugar, fruit juices, etc. since it causes a sudden spike in the insulin levels. You should take complex carbohydrates. Sugar-free substitutes are safe for consumption
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