

Care

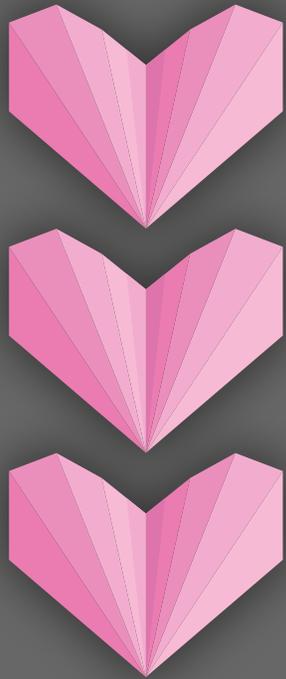
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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 55 YEARS.

10 Tips for a Healthy Heart

A healthy heart is important for everyone to enjoy a long and happy life. By exercising, eating healthy, and reducing the excess of daily life, you can strengthen your heart and help prevent complications down the road. Please read these ten tips for a healthy heart and pass them along to your friends and family.

1. If you don't already know the signs and symptoms of a heart attack, then you need to investigate and learn them, regardless of your age. It could be someone you love that needs your help.
2. Similar to Tip 1, if you don't know about the signs and symptoms of a stroke, find out. What you learn now may save yourself or someone you love in the future. A good place to start is www.heartandstroke.ca.
3. See your Doctor for a full medical or physical every year. Work with your Doctor to reduce your Blood Pressure or Cholesterol levels if they are high.
4. If you smoke, stop. At the very least, try to reduce the amount you smoke by 50% in the next 3 months, then another 50% in the next 3 months – and so on and so forth.
5. Reduce your stress levels. Don't let people rent space in your head for free - learn to leave work at work. Try massage therapy or yoga, which has been shown to reduce stress levels.
6. Exercise and become physically active. Try to aim for 30 minutes a day.
7. Limit your alcohol use. You don't have to stop drinking alcohol altogether, just reduce your level of consumption to a reasonable level.
8. Eat healthy, low fat, low cholesterol foods. Foods rich in Omega-3 are great for your heart.
9. Get at least 8 hours of sleep every night.
10. Maintain good oral health.



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If you have a defibrillator (AED) at home or work, please remember to check the battery and expiry date of your pads!