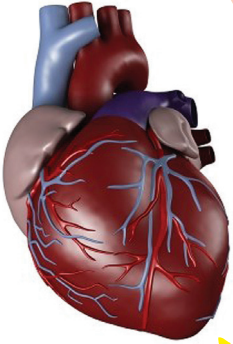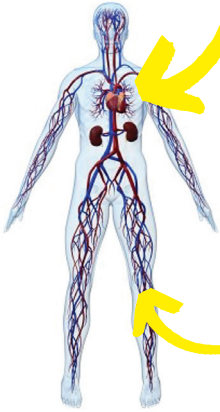Special **Olympics** *Ireland*

Healthy Heart

Your Heart

- Your heart is a very important part of your body.
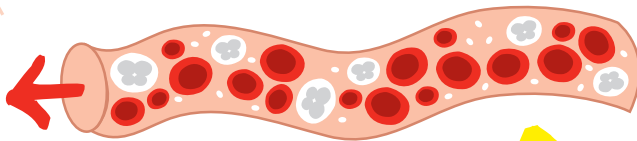
- It is in the middle of your chest.

- It pumps blood all around your body through tubes called veins and arteries.

Blood = Food & Oxygen

Veins and Arteries

- Blood carries food and oxygen to your muscles.

Risk Factors

There are some things that put us at greater risk of having heart disease like:

- 💔 Smoking.

- 💔 Physical Inactivity.

- 💔 Being Overweight.
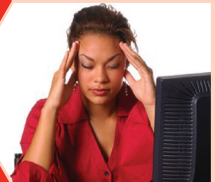
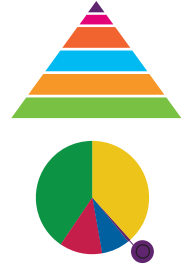- 💔 High Cholesterol.

- 💔 High Blood Pressure.

- 💔 Diabetes.

- 💔 Stress.

Keeping Healthy
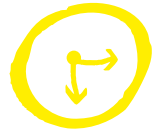
- Eat a healthy diet using the food pyramid/Eatwell Plate as a guide.

- Cut down on salt and salty foods.

- Take regular physical activity - at least 30 minutes, 5 days a week (60 minutes every day for children).

- If you smoke, try to stop.

- Take time out to relax and spend time with friends.

- Drink less alcohol.

Blood Pressure

- About 120 over 80mmHg is normal blood pressure.

- When you visit the doctor he or she will check your blood pressure.

- If your blood pressure is high your heart has to do more work to pump blood around the body.

- If your blood pressure is high you may need to change what you eat, lose weight and take more exercise. You may also need to take medicine.

Blood Pressure Level
120
80
mmHg

Cholesterol
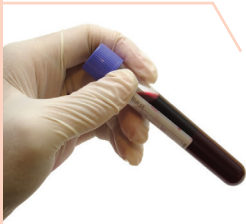
- Cholesterol is a type of fat in your blood.

Cholesterol

- When you visit the doctor they will check your cholesterol by doing a blood test.

- A cholesterol level of 5 or less is healthy.

Cholesterol Level <5

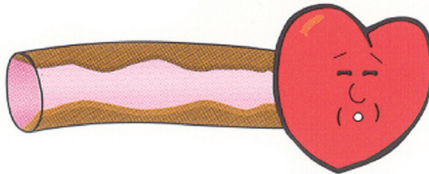- Eating foods high in saturated fats (butter, hard margarine, chips, cream, fatty meat, cakes, biscuits and chocolates) can raise your cholesterol levels.
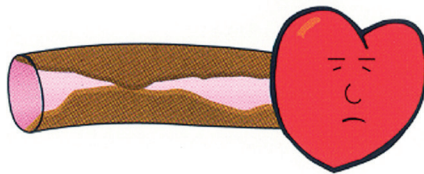
♥ If there is too much cholesterol in your blood it can stick to the inside of your arteries, this makes it hard for blood to get through and may cause a blockage.
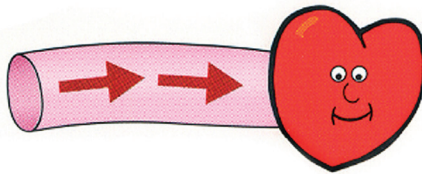
Healthy Heart

Chest Pain

Heart Attack

♥ If your cholesterol is high you should change what you eat, and take more physical activity, you may also need to take medication.

- If you have a family history of heart problems or if you are worried about your heart health go to your GP for a check up.

- For more information on heart health and stroke, contact the Irish Heart Foundation or Northern Ireland Chest, Heart and Stroke.

Love Your Heart