

# WEIGHT MANAGEMENT AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)



Poor diet contributes more to disease than do physical inactivity, smoking and alcohol combined.










Enjoy 30 minutes a day to spend on your own health. Achieving and maintaining your optimal weight helps lower your risk for heart disease and many other health problems.



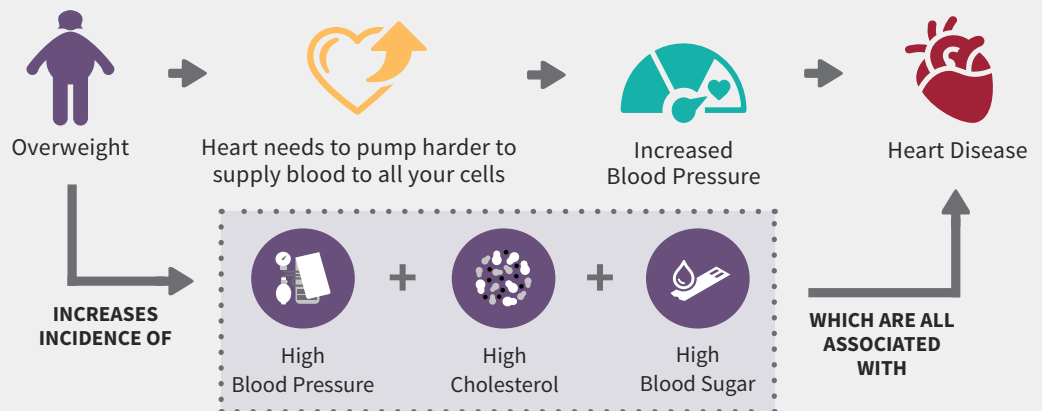
People who store fat around their stomachs (apple shaped) are at greater risk of heart disease than those who store it around their hips (pear shaped).

## HEALTH PROBLEMS

Poor weight management is a direct cause of many health problems:

-  Sleep Apnea
-  Heart Disease
-  Stress
-  Arthritis
-  Depression
-  Infertility
-  High Blood Pressure

## WHAT DOES BEING OVERWEIGHT DO?



## WHAT CAN I DO?



### Move more, sit less

This is the #1 most important thing you can do to reach and maintain a healthy weight. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. (swimming, walking, stairs, etc.).



### Eat heart healthy

Aim for 7 servings of fruits and/or vegetables a day. Aim for less than a teaspoon (<2400 mg) of salt a day.



Aim to **lower your calorie intake** by 500 kcal/day if you are above your optimal weight. Try drinking water instead of juice or a soft drink.

## HEALTHY WAISTS FOR WOMEN

Measure your waistline to find out if it's increasing your risk.

