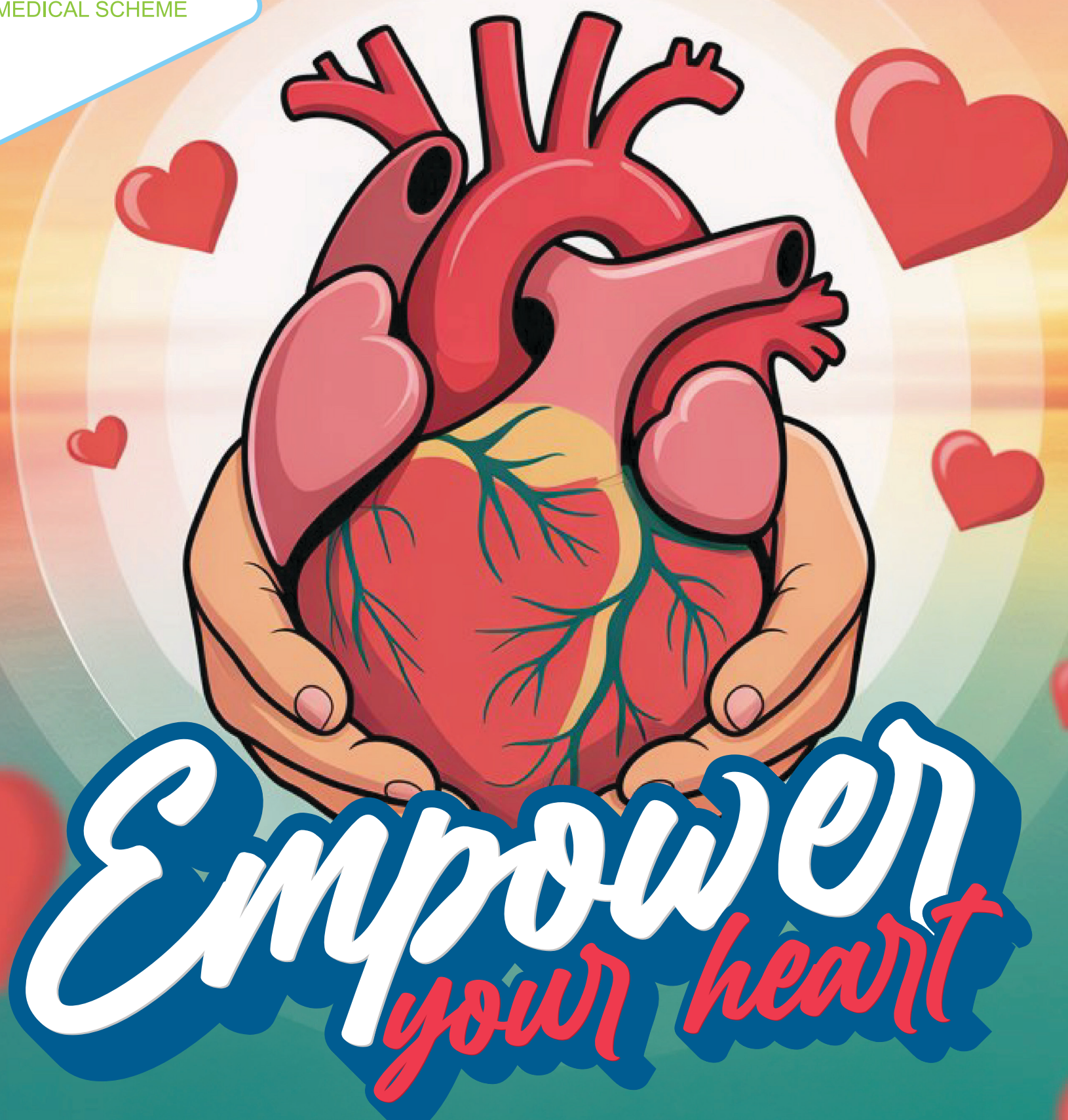




Key Steps for Better Health this Heart Month

Dear Member,

This Heart Month, Alliance-MidMed invites every member to take charge of personal wellness by learning about high cholesterol, hypertension (high blood pressure), and simple lifestyle moves that protect the heart. Read on for essential facts and easy steps you can start today.



Why It Matters

Heart disease remains the leading cause of illness and death worldwide. Raised cholesterol and high blood pressure are two hidden dangers that are often symptom-free, but quietly raising risk for heart attacks, strokes, and other serious problems.

The good news is that simple actions can dramatically reduce risk and add healthy years to life.



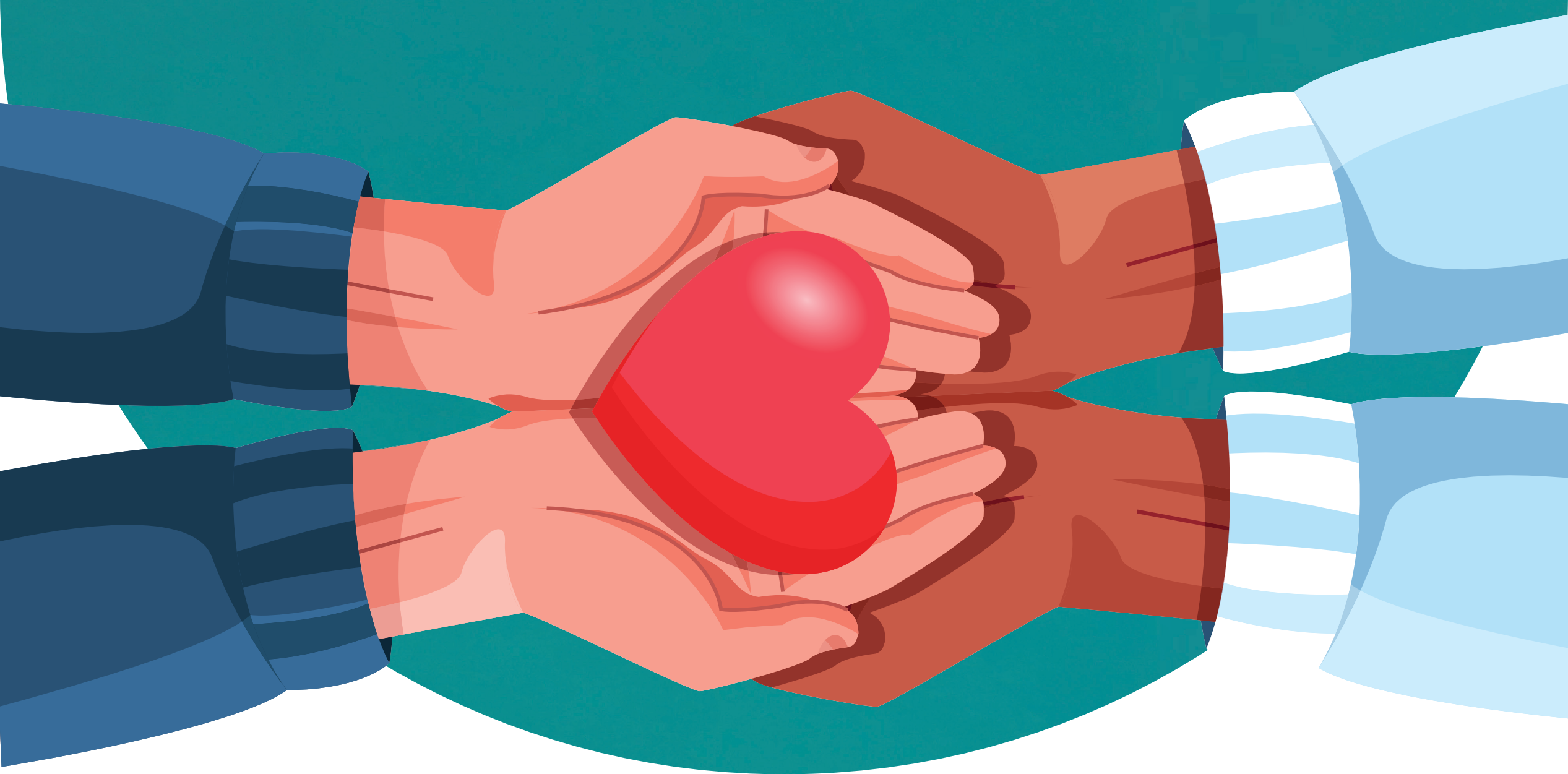
Know Your Numbers

Schedule regular screening to check cholesterol and blood pressure, even if you're feeling healthy. Early awareness enables better prevention and care.



Eat Smart for a Healthy Heart

- Limit saturated fats (found in full-cream dairy, fatty meats) and avoid artificial trans-fats (often in processed foods).
- Boost intake of fruits, veggies, beans, nuts, and wholegrains for fibre and heart-protective nutrients.
- Include healthy fats like olive oil, avocado, and fatty fish (salmon, mackerel).
- Use herbs and spices instead of salt to flavour food, as less salt helps lower blood pressure.



Get Moving

Aim for at least 150 minutes of moderate activity per week (such as brisk walking, cycling, or swimming). Even small increases in daily movement make a difference, such as taking the stairs, short fast-paced walks, or trying home exercises.



Manage Stress and Sleep

Take time for relaxation, deep breathing, or meditation. Quality sleep is key for heart health. Aim for 7–9 hours every night.



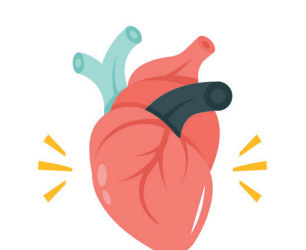
Quit Smoking and Limit Alcohol

If you smoke, quitting is one of the best things for heart health. Limit alcohol to enjoy lasting benefits.



Track Progress and Stay Supported

Use a health app or notebook to note heart-healthy habits, blood pressure, and cholesterol readings. The Alliance-MidMed platform provides access to lifestyle programmes, preventive screenings, and professional support to help achieve goals.



Heart Month Actions

- Book screening tests and encourage your family to do the same.
- Join wellness webinars, healthy eating demos, or activity challenges offered this month.
- Share your heart health pledge or story to inspire others.



Your Partner in Health

Alliance-MidMed is here to support you on the journey to better heart health. For questions, guidance, or assistance, please contact our health team at the Family Wellness Centre.

Wishing you a healthy, heart-strong journey,
The Alliance-MidMed Team