## Know Your Body Mass Index (BMI) To Prevent Heart Attacks

Formula:

**BMI** = **Body Mass** (kg)

Height (m) x Height (m)



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# Dear Heart Keep on Beating

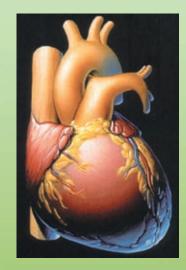


Love Your
HEART

#### **Heart For Life**

The heart is the most important organ in our body. The heart functions by pumping blood to provide oxygen and nutrients to the whole body through the circulatory system.

A healthy heart is able to pump 10,000 litres of blood a day. The heart beats about 100,000 times a day, that is between 60-80 times a minute.



#### Heart attacks risk factors

- High Blood Pressure
- High cholesterol/fat in blood
- Obesity
- Lack of exercise/inactive
- Unhealthy eating habits
- Diabetes
- Stress
- Smoking



### Heart attacks can be prevented

- Exercise at least 3 times a week, 20-30 minutes each time
- Eat healthily
- Maintain an ideal body weight
- Quit smoking
- Learn to manage stress
- Check your blood pressure
- Check your blood glucose level
- Maintain cholesterol level
- Go for regular health check-ups

### **Symptoms of a Heart Attack**

- Breathing difficulties
- Increasing chest pains beginning in the centre or left area of chest which usually spreads to the left arm and neck
- Gripping pain that may result in fainting or unconsciousness
- Cold sweat
- Feel cold in spite of a hot environment
- Headache and nausea