



UNIVERSITY OF OTTAWA
HEART INSTITUTE

INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

Heart Healthy Living



Making healthy changes in
your life will lower your risk of heart
disease and improve your overall health

These tips and resources can make it easier

Healthy Living Tips and Resources

Exercise

- Some physical activity is always better than nothing
- Aim for 30-60 minutes of exercise per day
- Heart Wise Exercise is for people who want to improve their heart health. Learn more and find a location near you at: heartwise.ottawaheart.ca

Nutrition

- Eat regular meals that include vegetables or fruit; choose whole grains; eat fish at least twice each week
- Learn more about heart-healthy eating at: pwc.ottawaheart.ca/nutrition
- Attend a free Heart Institute nutrition workshop: www.ottawaheart.ca/calendar.htm

Stress, Anxiety and Depression

All of these are bad for your heart. Learn to recognize and manage them: pwc.ottawaheart.ca/stress

Smoking

Quitting smoking is the single most important thing you can do for your health. Get help to quit at: [613-761-5464](tel:613-761-5464) or pwc.ottawaheart.ca/care

CardioPrevent

A program to help you lower your risk of heart disease if you're at moderate or high risk: pwc.ottawaheart.ca/cardioprevent