



# PHYSIOBIZ

## ALL HEART

February is seen as the month of love! With that we see a month of happy hearts all around us.

But are our hearts actually happy?

The World Health Organisation (WHO) reports that cardiovascular disease is the leading cause of death globally. It was reported that 32% of deaths in 2019 globally were related to cardiovascular disease.

“The problem with heart disease is that the first symptom is often fatal.” — Michael Phelps

With these scary stats in our brains, let's learn how to keep our hearts happy all year round and not just during the month of love!



### NO SMOKING

Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. Exercise is known to reduce nicotine withdrawal symptoms. Studies have shown that even a short 10-minute bout of moderate exercise can have immediate effects of reducing tobacco cravings. Your physiotherapist is able to assist you in setting up an exercise programme to help curb the cravings keep that blood pressure down.

### MANAGE STRESS

Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It stimulates the production of endorphins, which are chemicals in the brain that are the body's natural painkillers and mood elevators. This allows you to keep those stress levels under control and your heart happy!



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## GET ENOUGH ZZZ!

We all love a good nap, but are you getting enough quality sleep to ensure your heart is happy?

Moderate aerobic exercise increases the amount of slow wave sleep you get. Slow wave sleep refers to deep sleep, where the brain and body have a chance to rejuvenate. This type of sleep allows our stress levels to lower and keeps our hearts happy! A physiotherapist is an essential player in Team Sleep!



## EAT A HEALTHY DIET

This is one of those phrases that we all know and tend to ignore when the cookies are passed around in the office! But think twice! Keeping your diet healthy is one of the ways that our hearts remain happy and therefore healthy. The more — and more vigorously — a person exercised, the more their diet tended to improve, the researchers found. Longer exercise duration was associated with a decrease in preference for foods characteristic of the standard western diet, such as red meat, fried foods and snack food. Contact your local physiotherapist today to get your exercise programme established.



## MOST IMPORTANTLY- GET THE BODY MOVING

Exercise has many benefits, including strengthening your heart and improving your circulation. It can also help you maintain a healthy weight and lower cholesterol and blood pressure. All of these can lower your risk of heart disease. Your physiotherapist is able to guide you in this process and has the knowledge to ensure your heart receives the best exercise programme that will keep it happy and healthy!

