

Your Heart Matters

**a book about having a
healthy heart**



This book is about _____



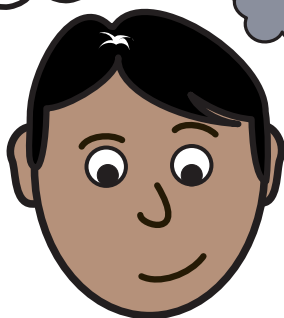
This book is about keeping your heart healthy.

A healthy heart will make you feel happier and stronger.

There are 4 big ideas _____

There are 4 big ideas for keeping your heart healthy.

This book tells you about these 4 ideas.



be active



get checked
out

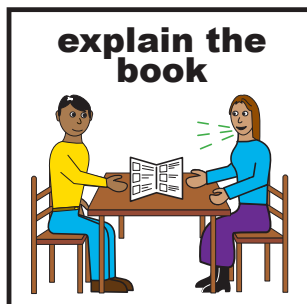


stay well



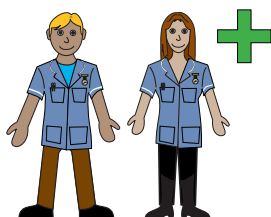
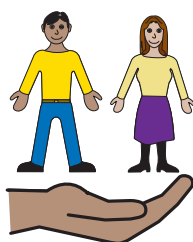
eat well



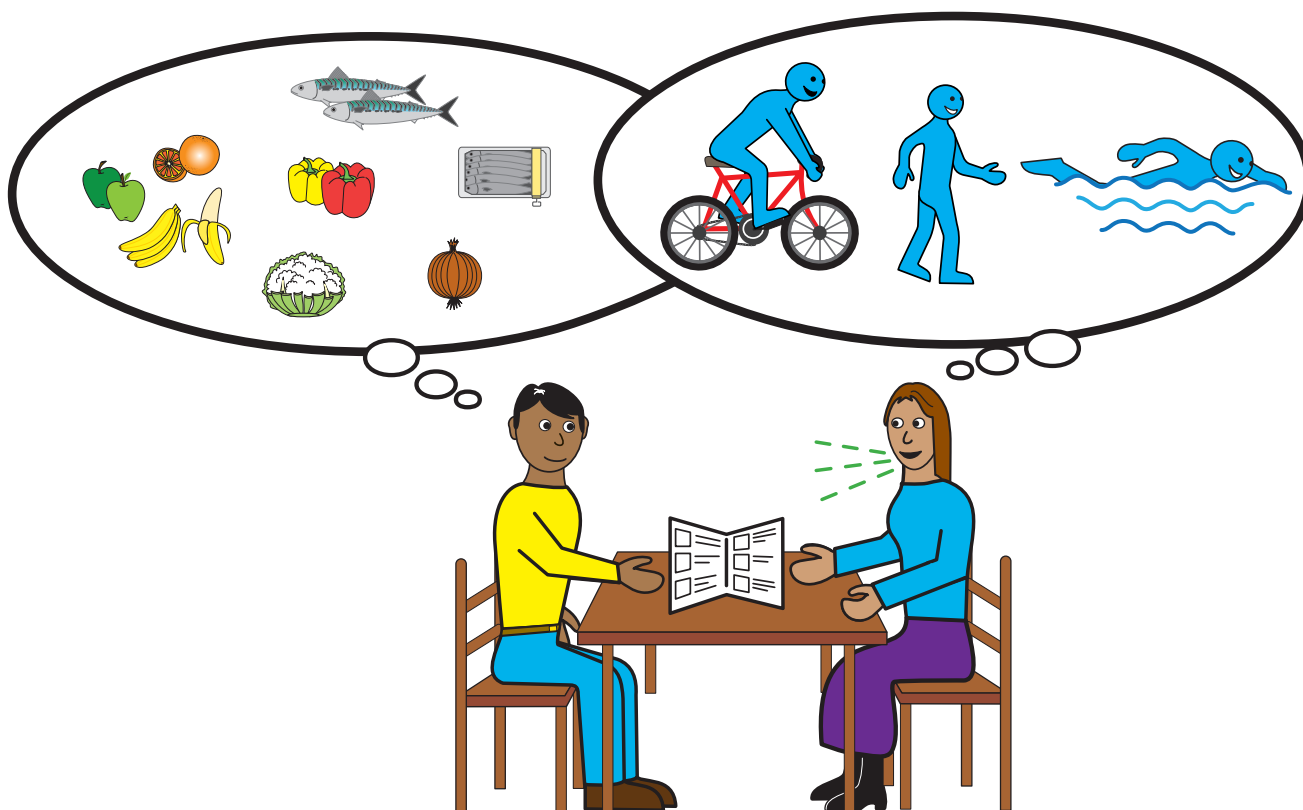


You can get support to choose what to do to keep your heart healthy.
Think about who could support you:

A carer A support worker A nurse A health facilitator A doctor



The person who is supporting you can look at this book with you.
You can work together to choose what to do to keep your heart healthy.
This book tells you things they can help you think about.

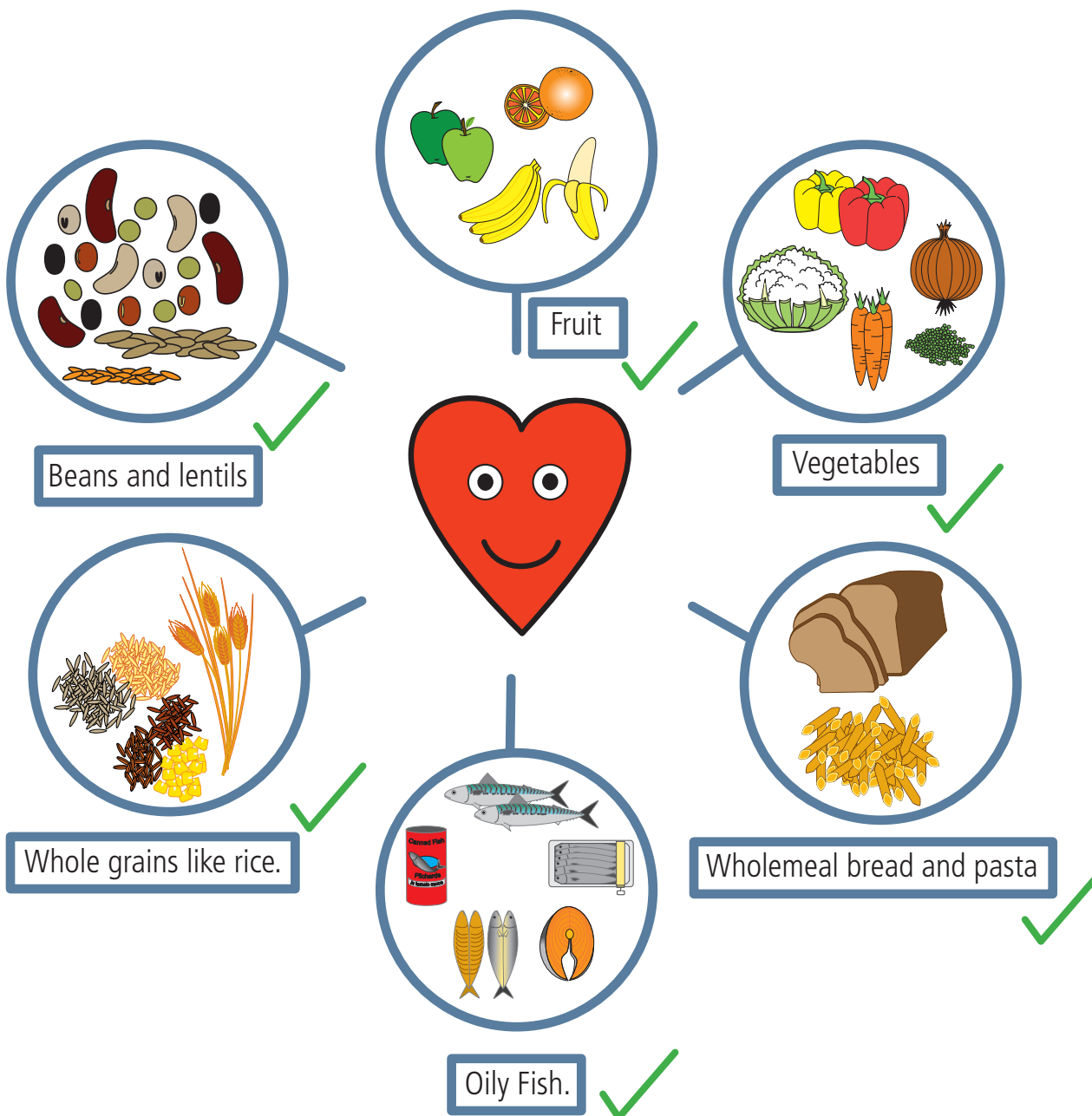




Healthy eating

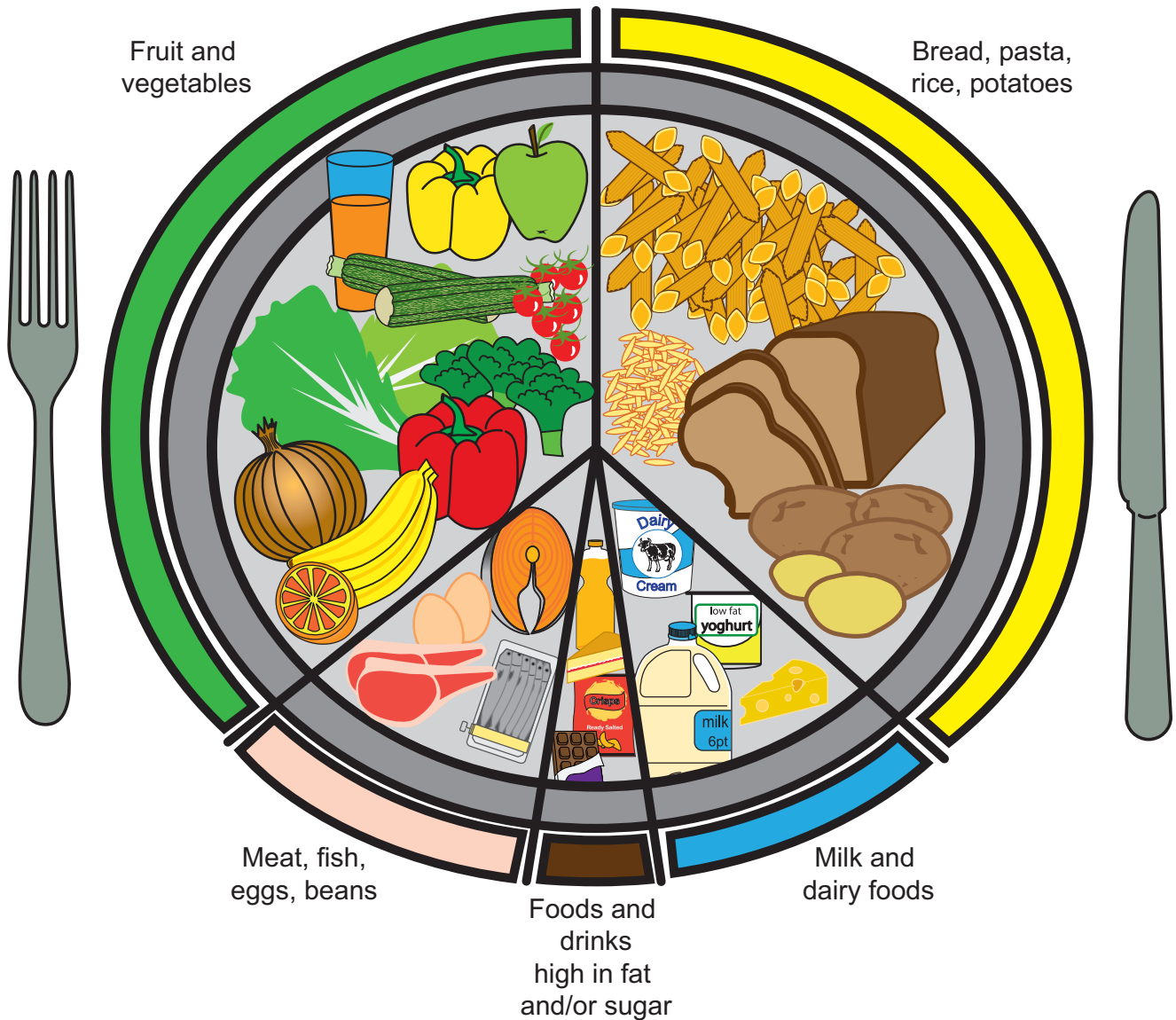
Some kinds of food are good for your heart.

The foods that are **good for your heart** include:



Eating healthy foods is also important if you are trying to get to the right weight.

All foods that are good for your heart are part of the eatwell plate, so they are good for all your body too.



Healthy eating

It can be useful to write down what you eat.

This will help you see if you need to change what you eat.



What foods are bad for my heart?

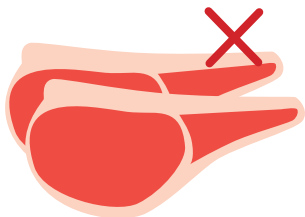
Talk about what you eat to the person who is supporting you.

The person can help you decide what to change about what you eat.

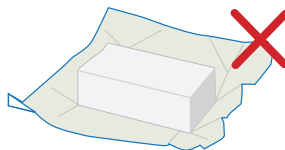
They can help you find out ways to eat well.



Fatty foods that are bad for your heart:



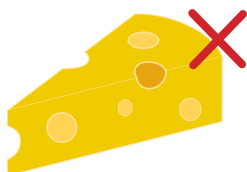
Fat on meat



Lard



Ghee



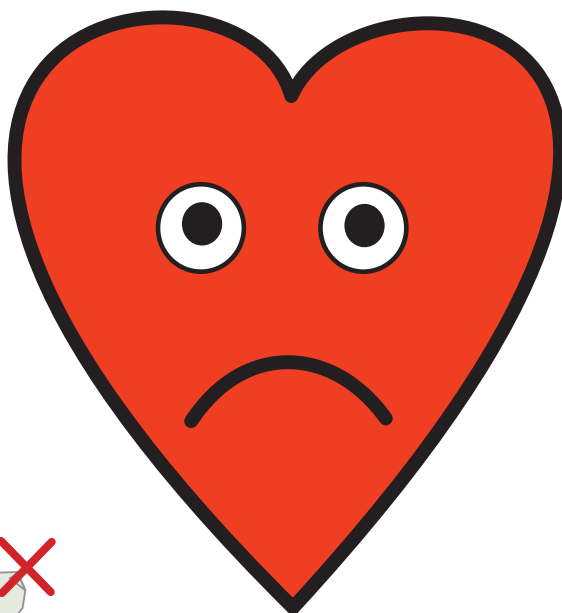
Cheese



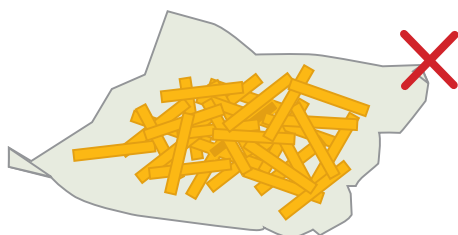
Biscuits



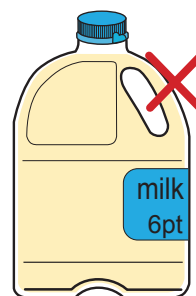
Ice cream



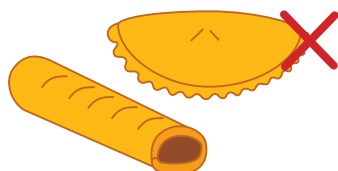
Cream



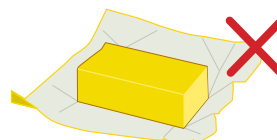
Fried food



Full-fat milk



Pastry

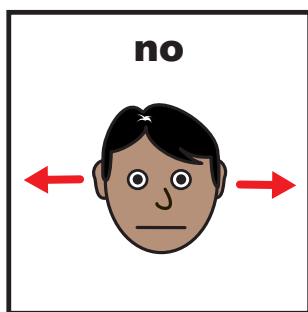


Butter



Cake

Are all kinds of fat bad for my heart?



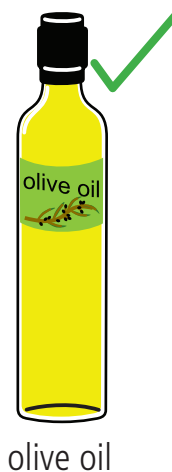
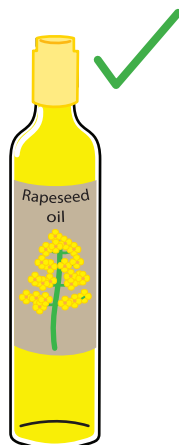
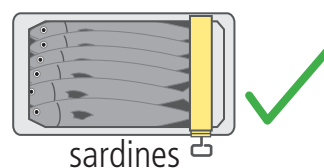
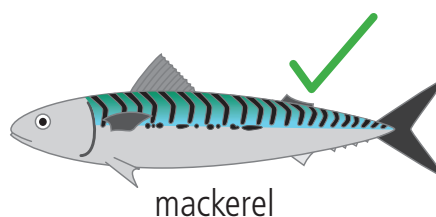
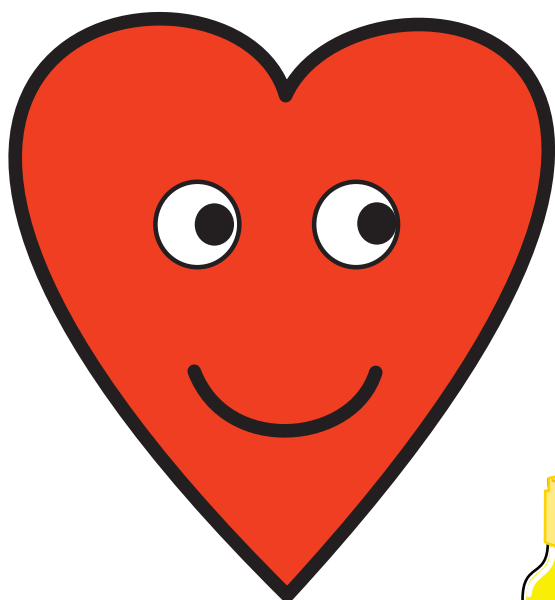
No.

Some kinds of fat are good for your heart.

Eating too much of the good fat is still unhealthy.

The fat that is good for your heart comes from:

Oily fish like



Some kinds of oil are good for your heart.

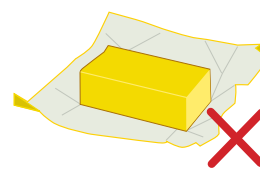
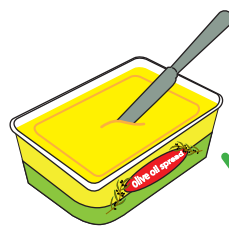
Remember not to eat too much.

Use a spoon to measure oil instead of pouring straight from the bottle.

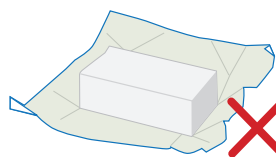
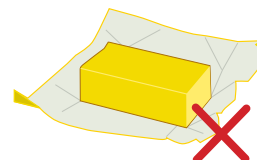


How can I eat less of the fat that is bad for my heart?_____

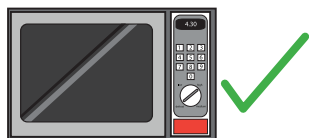
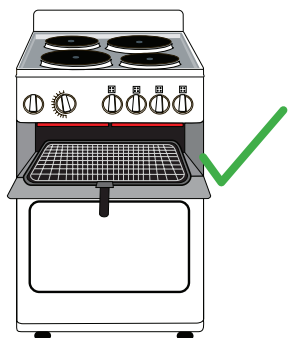
Use spreads made from olive oil or rapeseed oil instead of butter.
You should still eat less on your bread and toast.



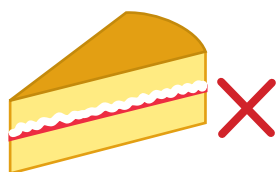
Use olive oil or rapeseed oil for cooking instead of lard and butter and ghee.



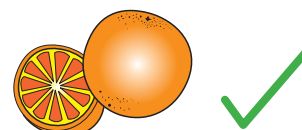
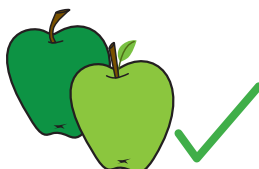
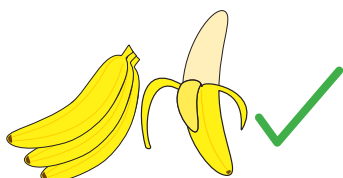
Use the grill or microwave instead of frying.



Eat less snacks like cakes and biscuits and chocolate.

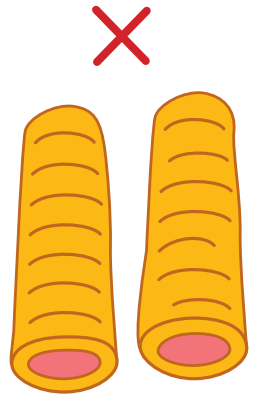


Try having fruit as a snack instead.

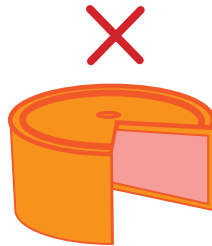


How can I eat less of the fat that is bad for my heart?_____

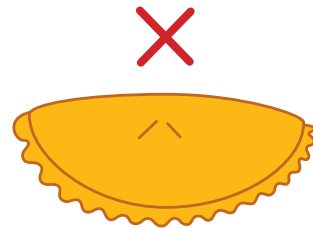
Eat less food made with pastry.
Foods made with pastry include:



sausage rolls

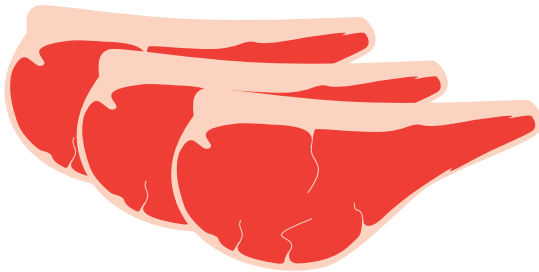


and pies

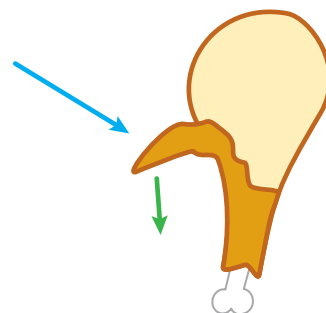
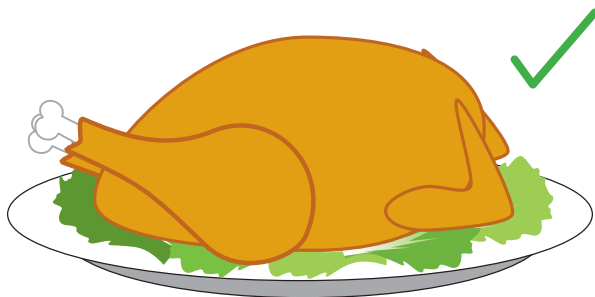


and pasties.

Eat less red meat.

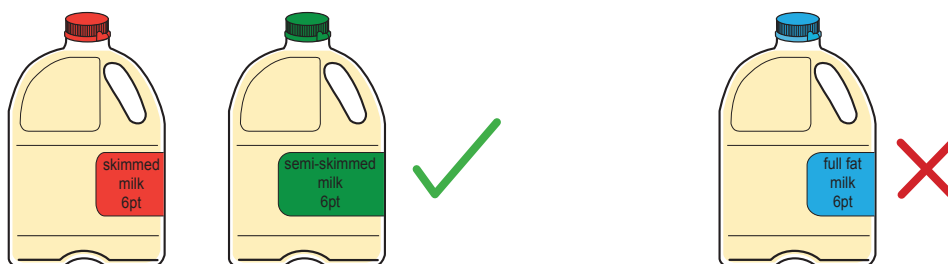


White meat like chicken has less fat.
Remember to take the skin off so you eat less fat.



How can I eat less of the fat that is bad for my heart?_____

Use skimmed milk or semi-skimmed milk instead of full-fat milk.



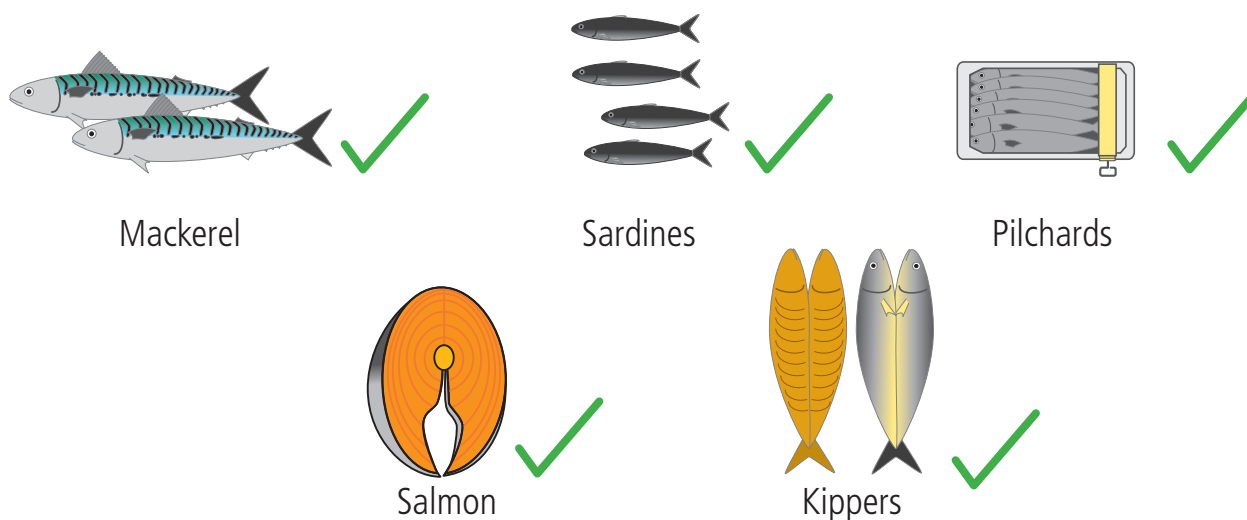
Use low-fat yoghurt instead of cream.



Using olive oil and rapeseed oil is good for your heart.
You should still avoid eating too much of these.
Use a spoon to measure how much oil you are using.

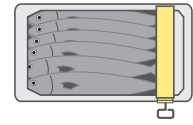


The fat that is best for your heart comes from oily fish.
Oily fish include:



How can I eat less of the fat that is bad for my heart?_____

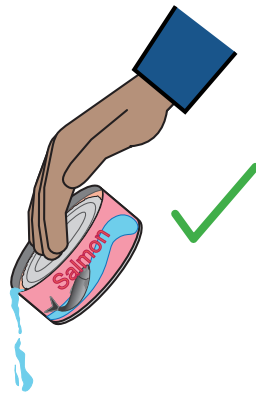
You can buy oily fish **fresh** or **frozen** or **tinned**.



If you are buying tinned fish try to get it in tomato or water.
Tinned fish in brine has a lot of salt which is bad for your heart.



If you can only get tinned fish in brine make sure you drain it well.
Tinned fish in **brine** has a lot of **salt** which is bad for your heart.



Avoid buying tinned fish in **oil**.
The **oil** added to tinned fish is different to the oil that is good for your heart.

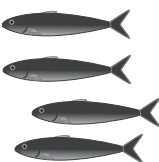
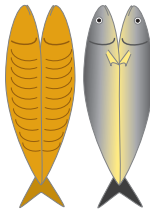


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How can I eat less of the fat that is bad for my heart?_____

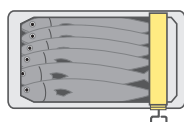
You should have **3 portions** of **oily fish** every week.

MON	TUES	WED	THUR	FRI	SAT	SUN
						

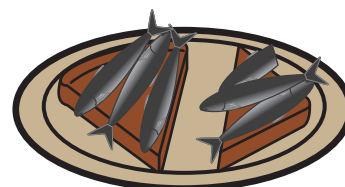
Here are some easy ways of having oily fish:

Sardines or pilchards on toast.

Remember wholemeal and granary bread are more healthy than white.

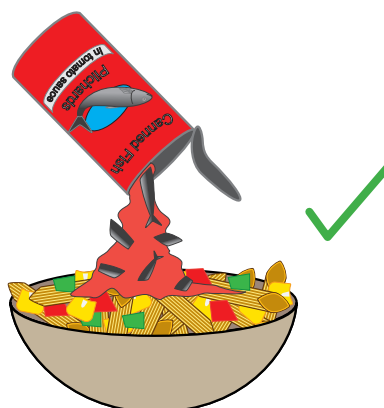


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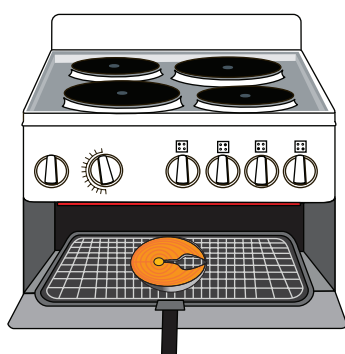


Flaked fish in tomato sauce with pasta.

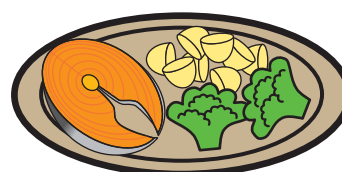
Make your quick pasta dish colourful by adding vegetables, such as canned sweetcorn.



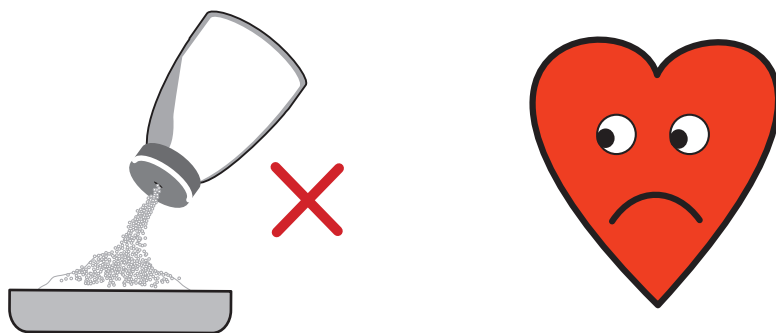
Grilled salmon steak with potatoes and vegetables.



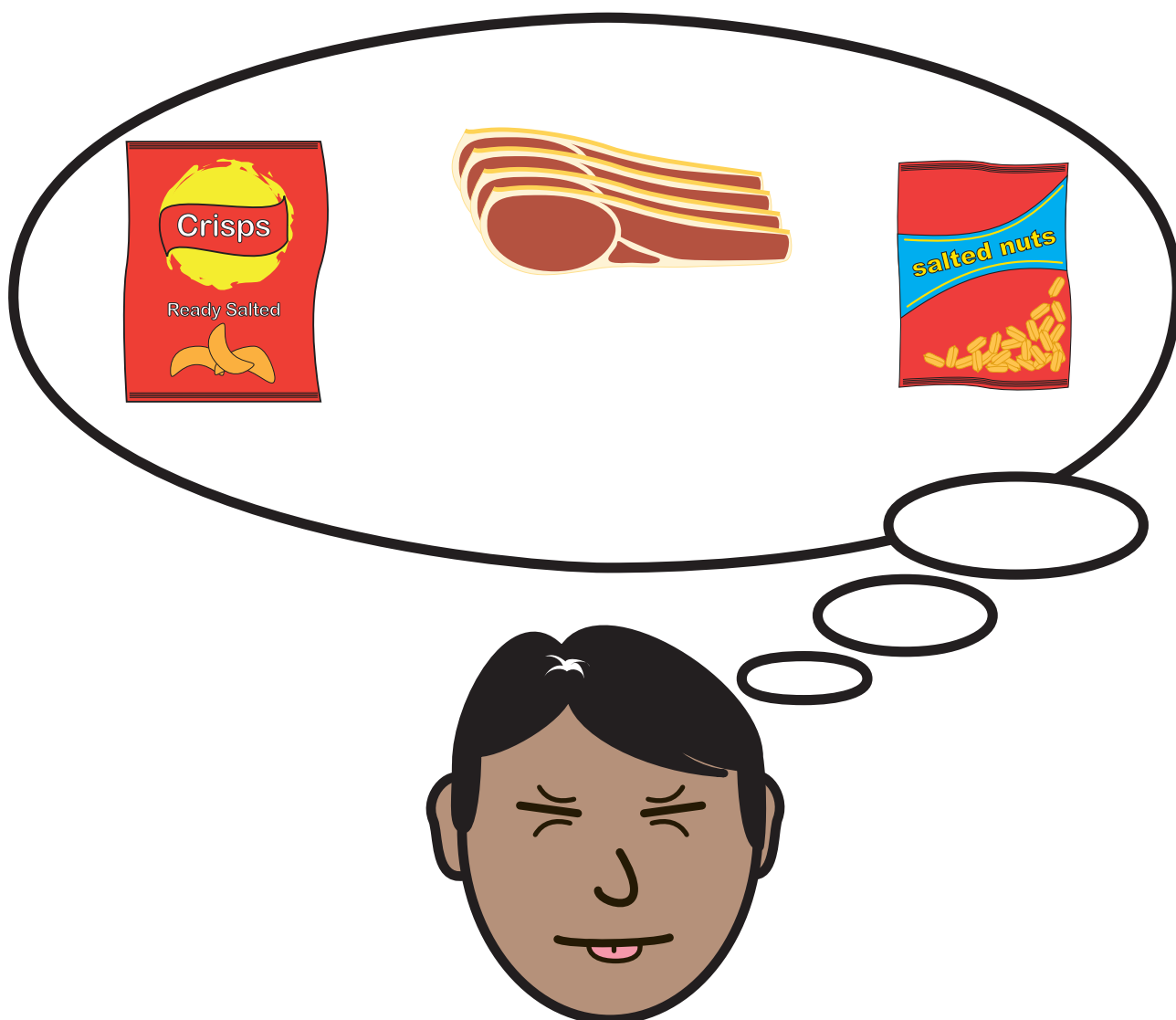
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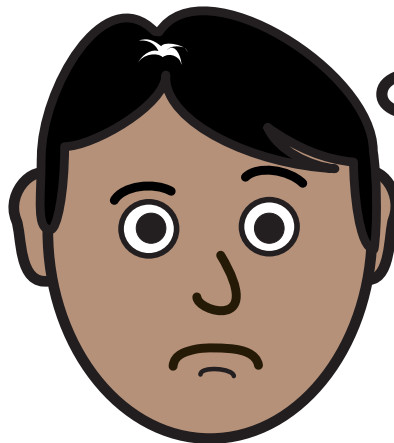
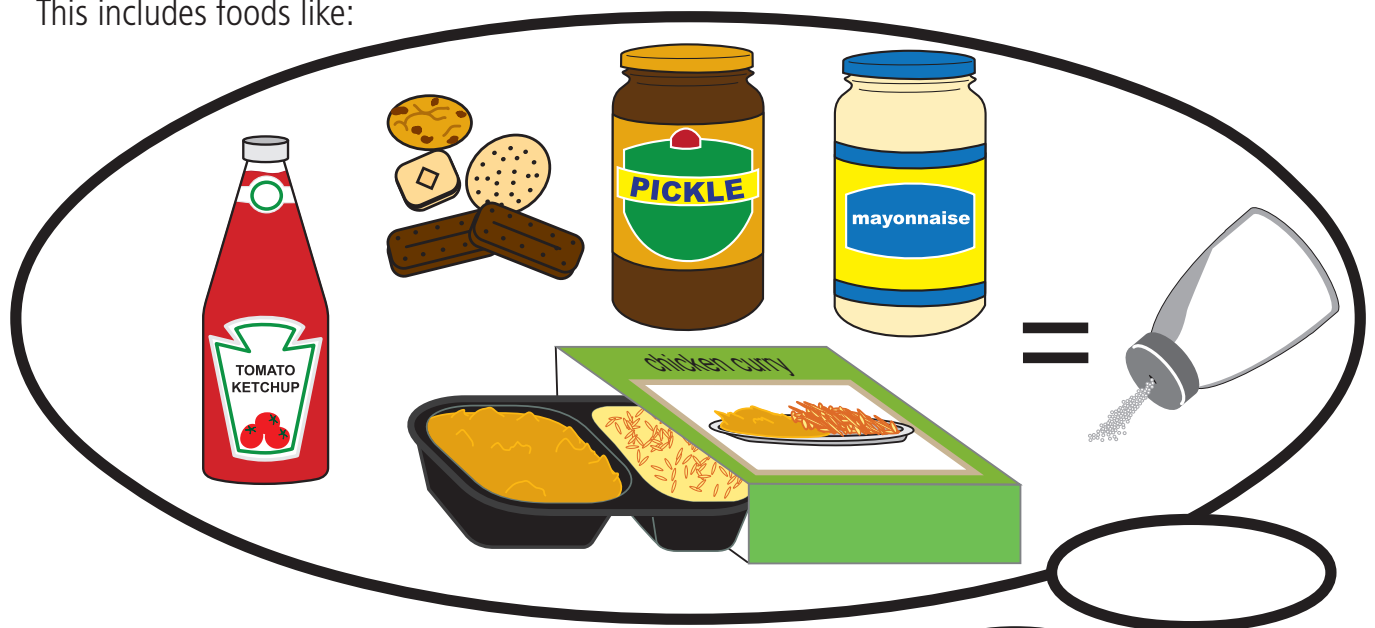
Too much salt is bad for your heart.



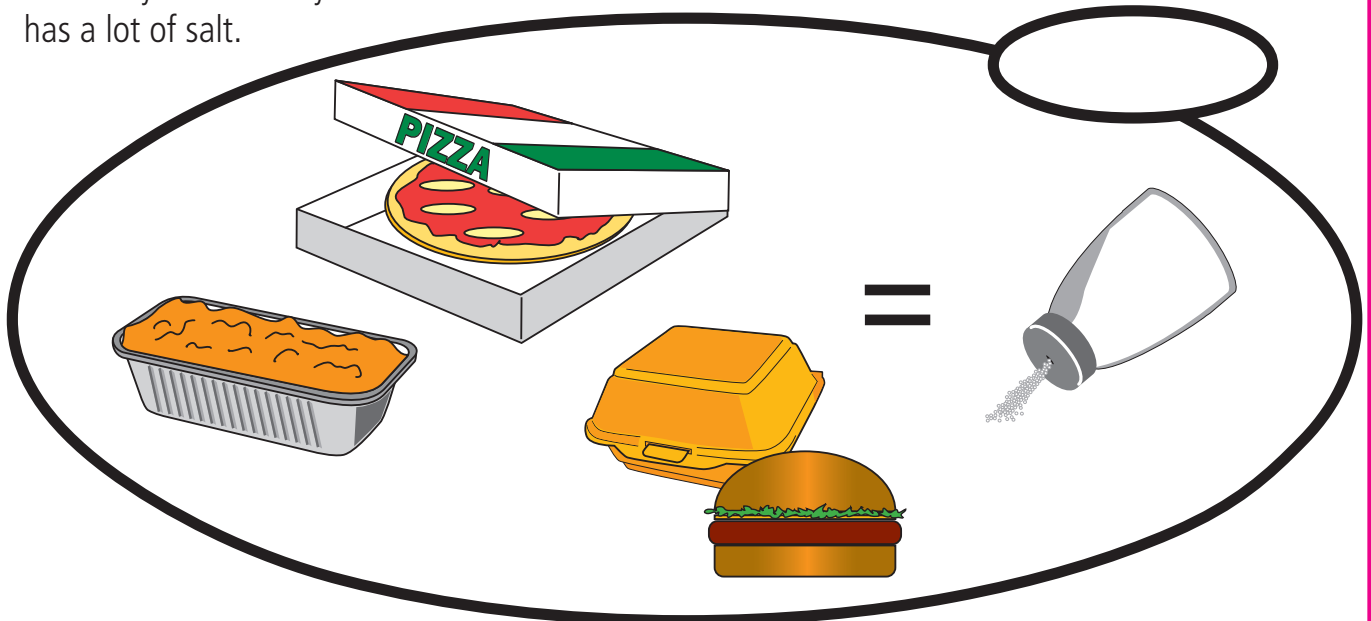
It is easy to tell that some foods have a lot of salt.
This is because they taste very salty.
This includes foods like:



Some foods have more salt than you might think.
This includes foods like:

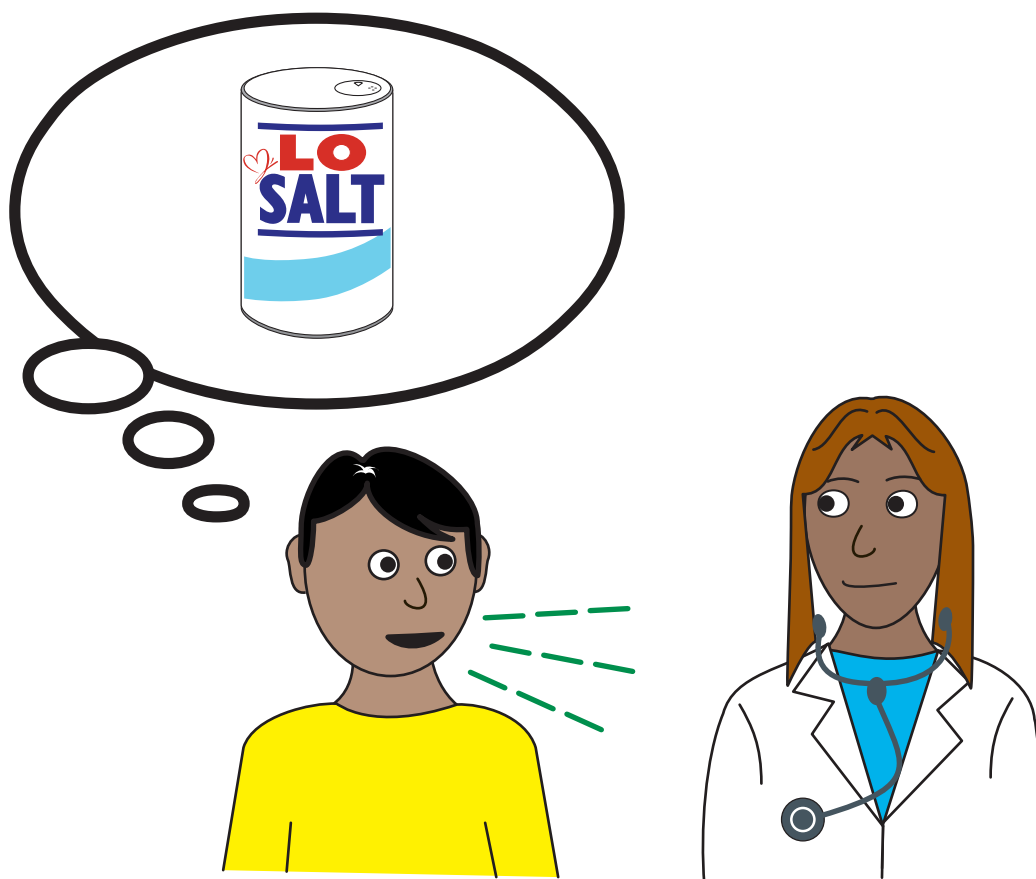


Takeaway food usually
has a lot of salt.



Can I use salt substitutes?

You must talk to your doctor before you use salt substitutes.
This is because salt substitutes stop some kinds of medicine from working.
Your doctor can tell you if salt substitutes are okay for you to use.

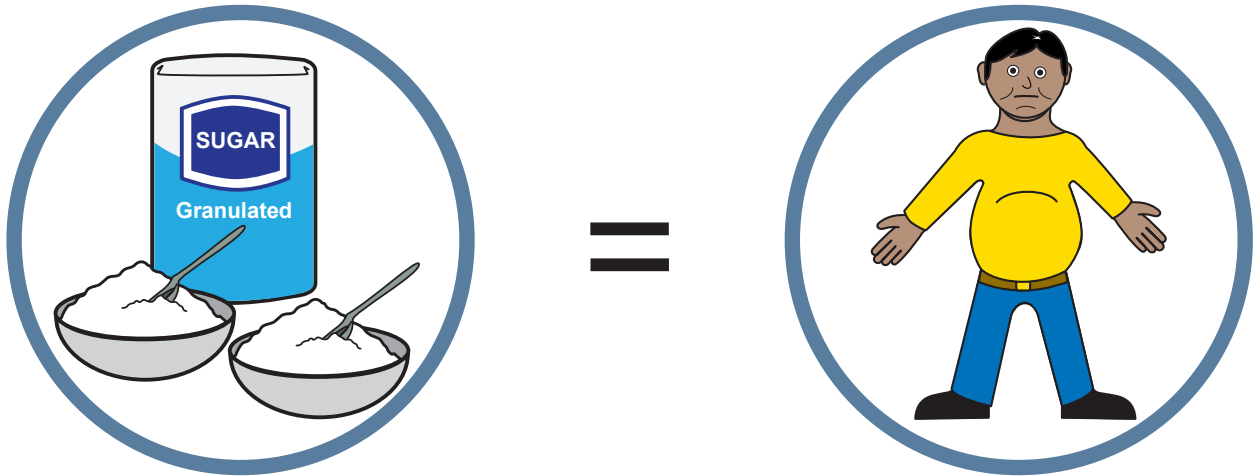


Salt substitutes are also called low-sodium salt.

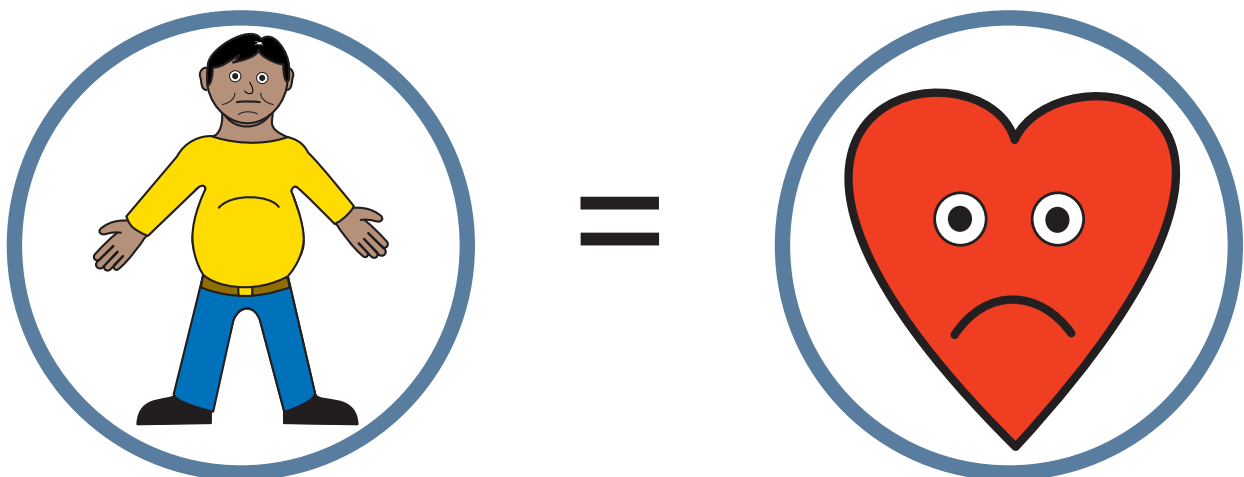


Sugar

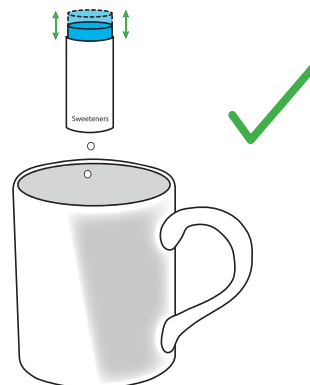
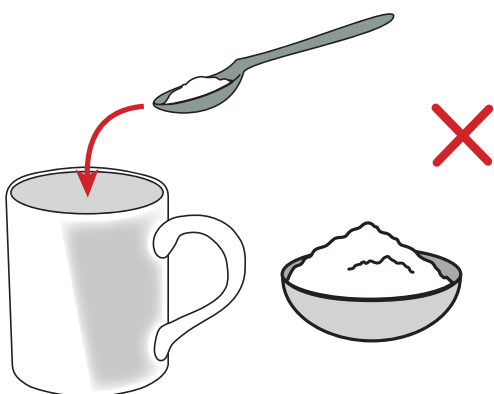
Eating lots of sugar can make you overweight.



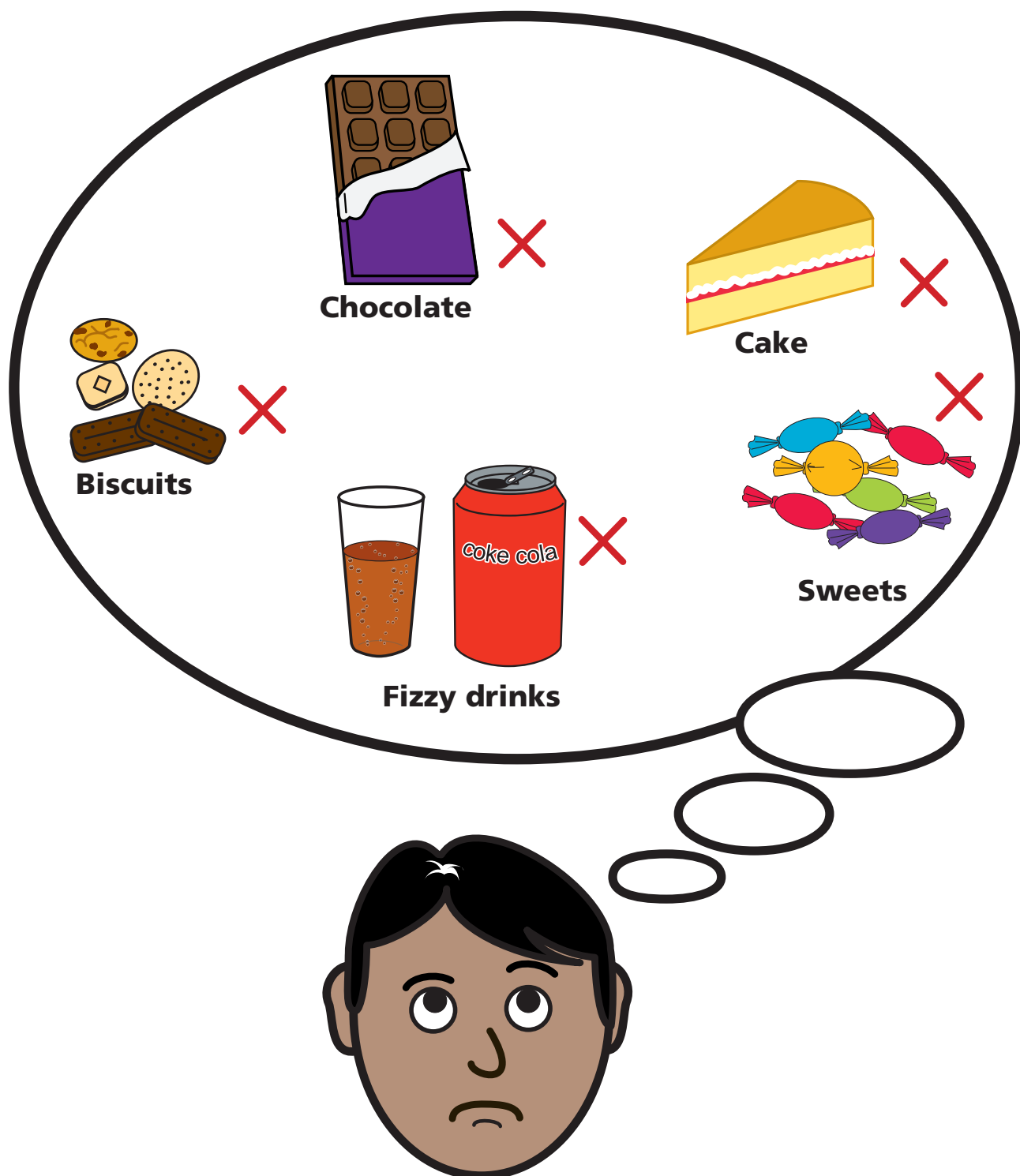
Being overweight is bad for your heart.



You might also have sugar in tea or coffee.
Use sweeteners in tea or coffee instead of sugar.

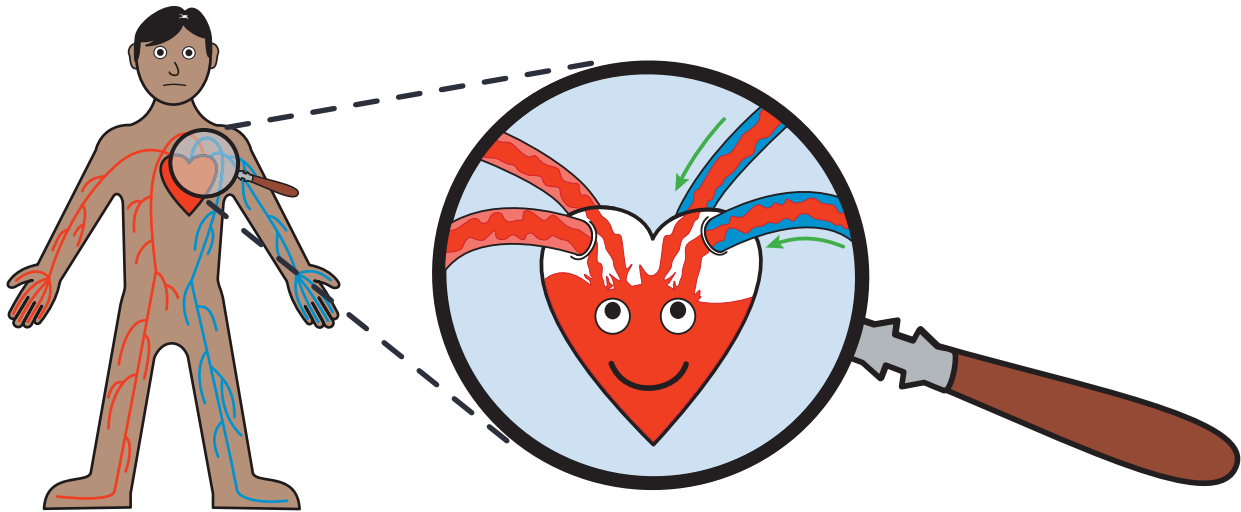


Foods that have a lot of sugar include:

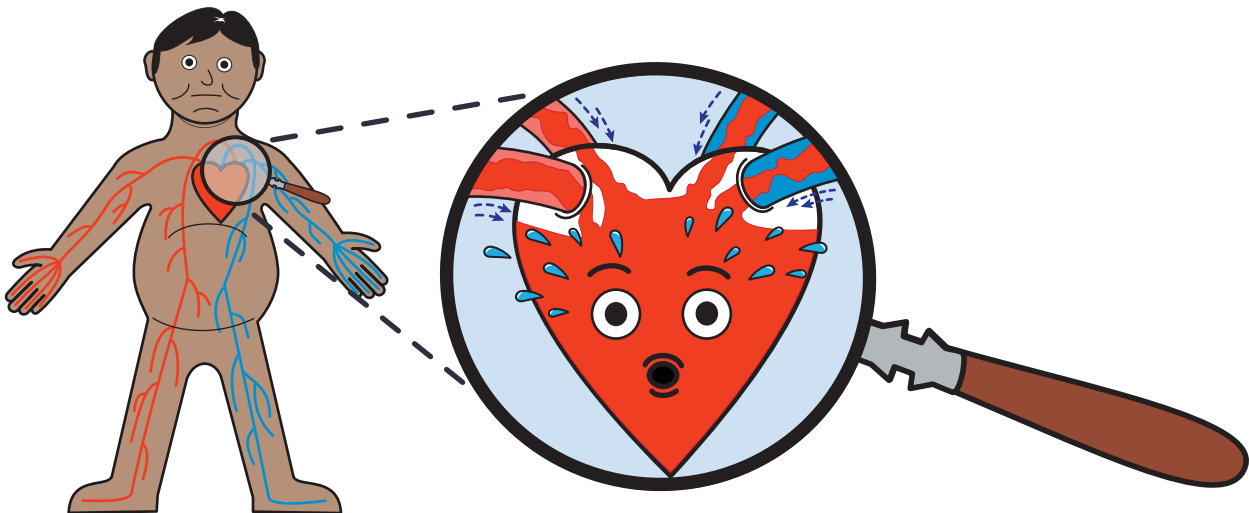


Get to the right weight

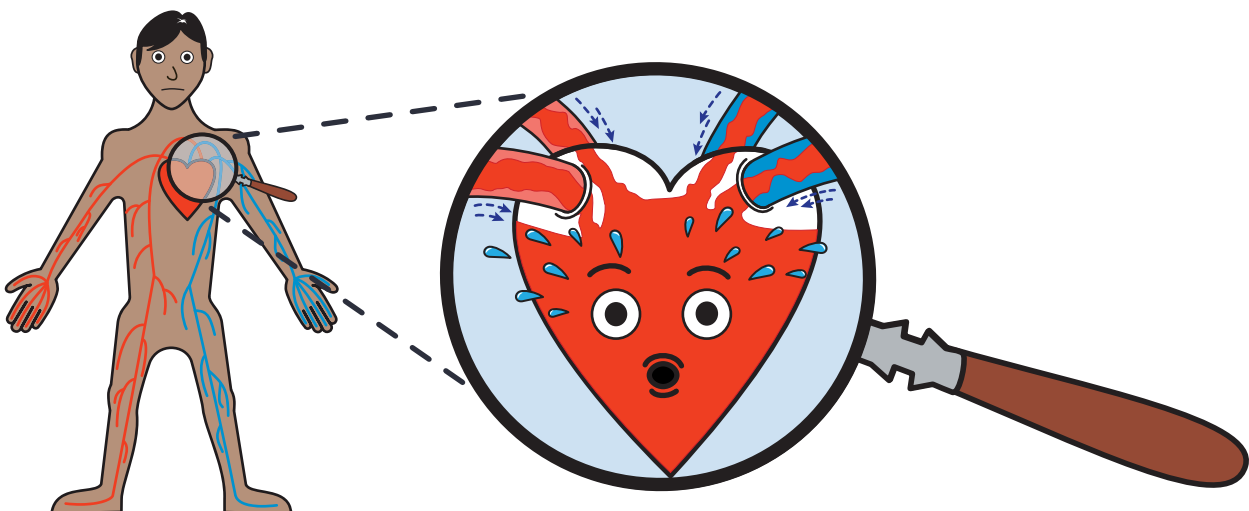
Getting to the right weight will help get your heart healthy.
Being the **right weight** means your heart will have to **work less hard**.

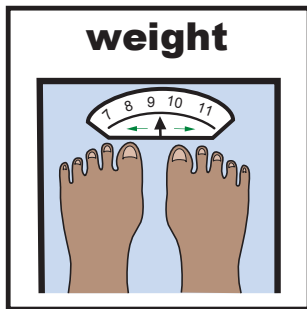


Being **overweight** means your heart has to **work harder**.



Being **underweight** means your heart has to **work harder**.





Your weight:.....

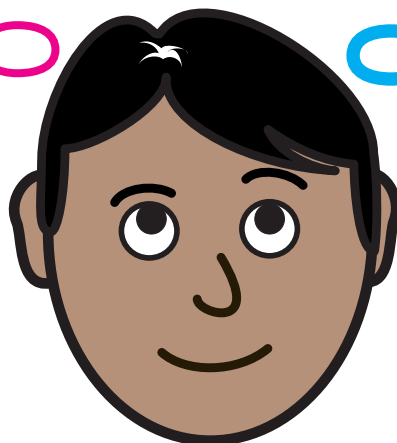
The right weight for you:.....

There are two important things to do to help you get to the right weight:

Eat well



Be active

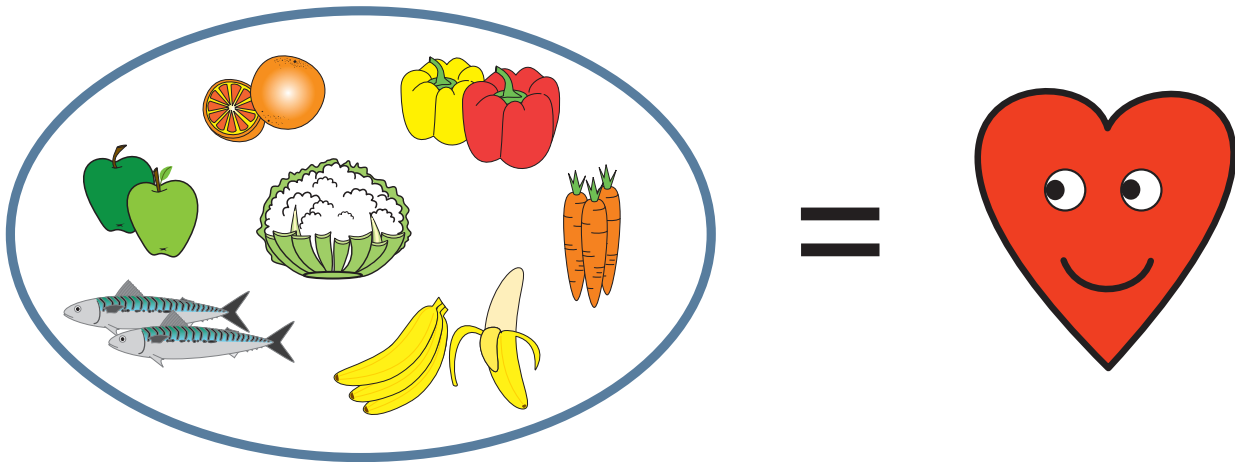


Get to the right weight



You can talk about your weight to the person who is supporting you. They can help you decide how to get to the right weight.

Eating healthy food is good for your heart for lots of reasons.



Healthy food will help you get to the right weight and keep your heart healthy.

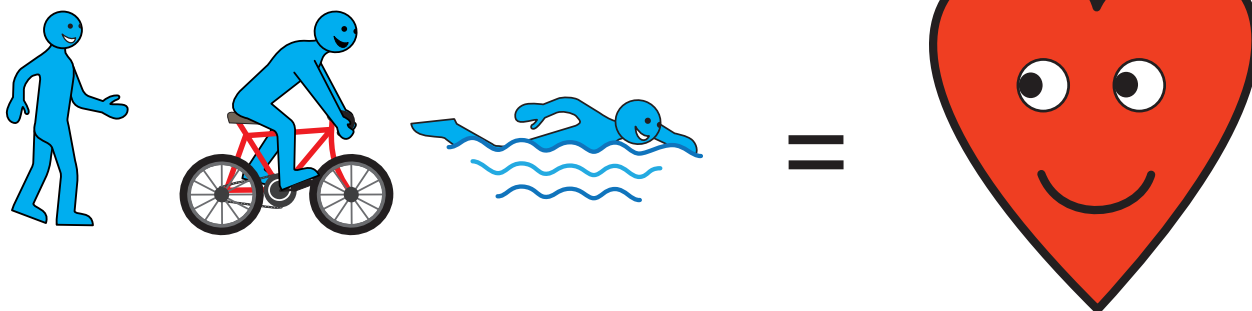


be active

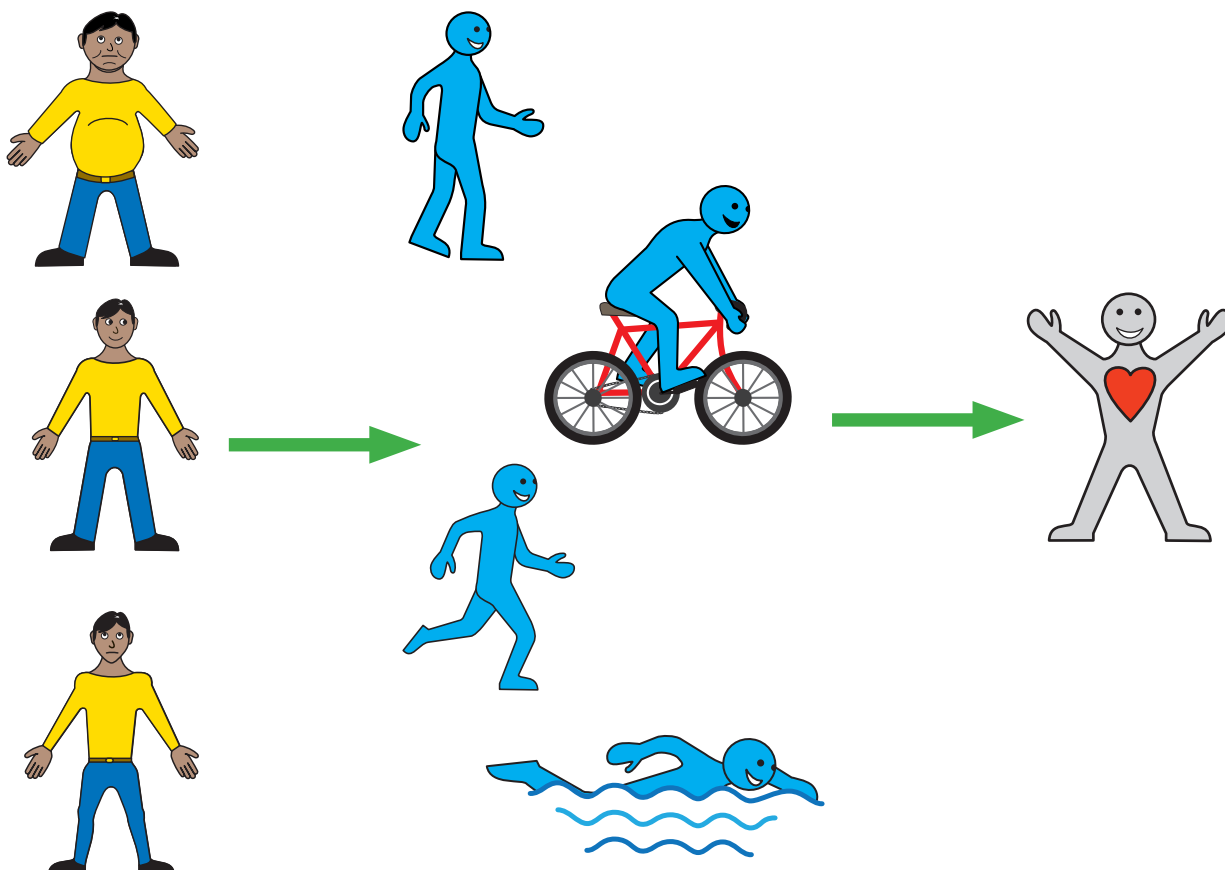
Get to the right weight _____



Doing exercise is good for your heart for lots of reasons.
Exercise gets you and your heart fit.



Exercise will help you get to the right weight and keep your heart healthy.

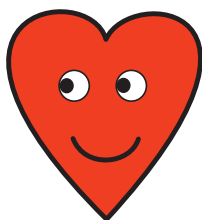


Exercise

Exercise means doing things to keep you active.
You probably already do things that give you exercise.



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Walking is very good exercise.



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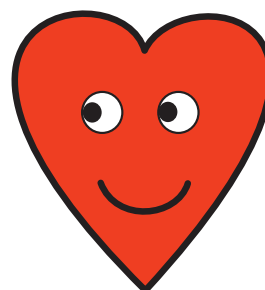


Sports like swimming are good for your heart.

Other ways of being active like gardening can be good exercise.



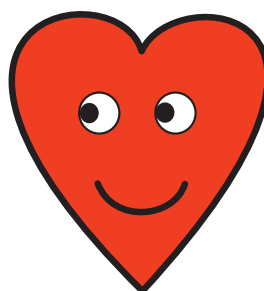
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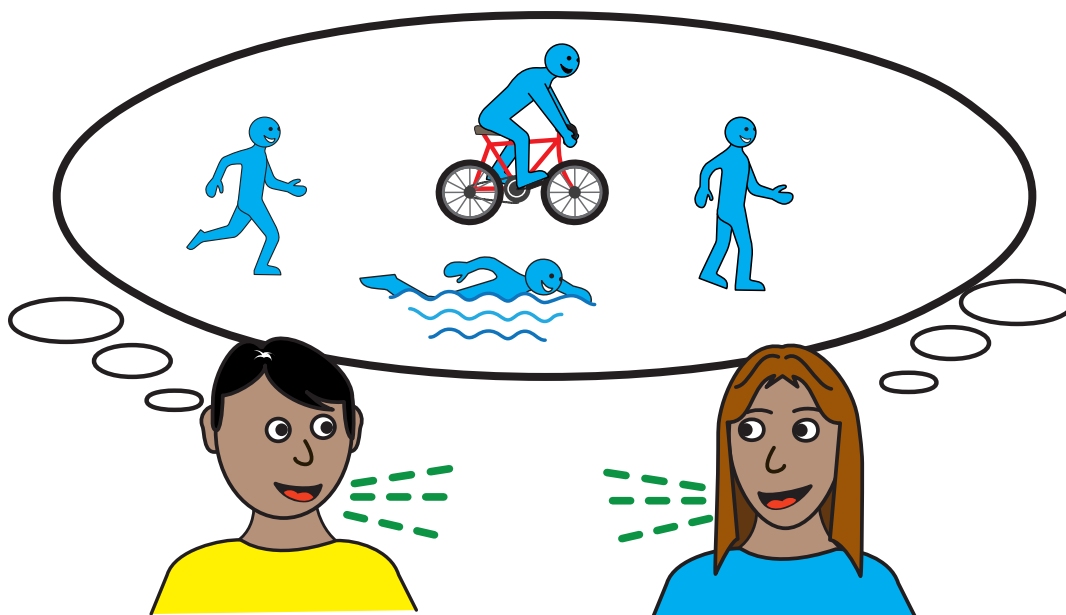
Even vacuuming can be good exercise!



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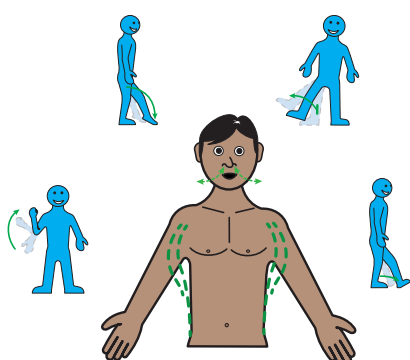
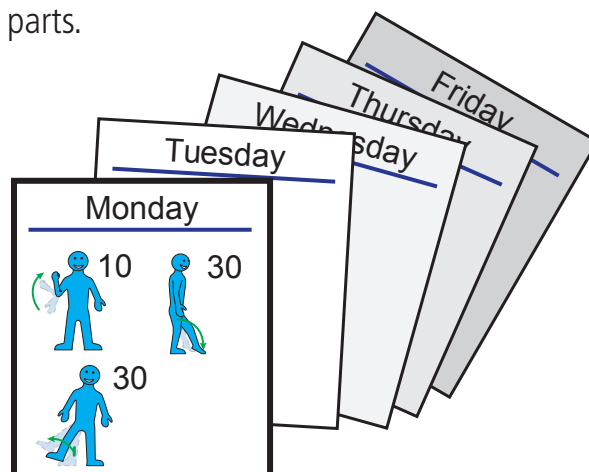
Talk about what exercise you want to do to the person who is supporting you.
They can help you plan what to do and how much to do.
They can help you find other ways of doing exercise.



A good amount of exercise to do is 30 minutes a day for 5 days a week.
You can do 30 minutes all at once or in 2 or 3 parts.



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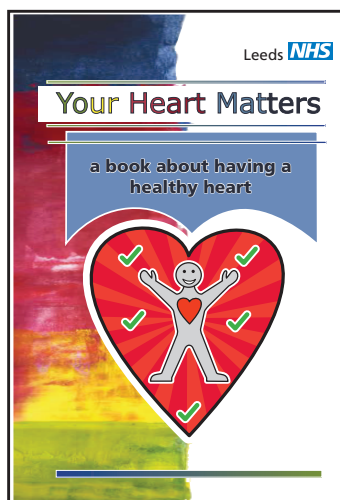


You should exercise hard enough to feel warm
and a bit out of breath.



Stay well_____

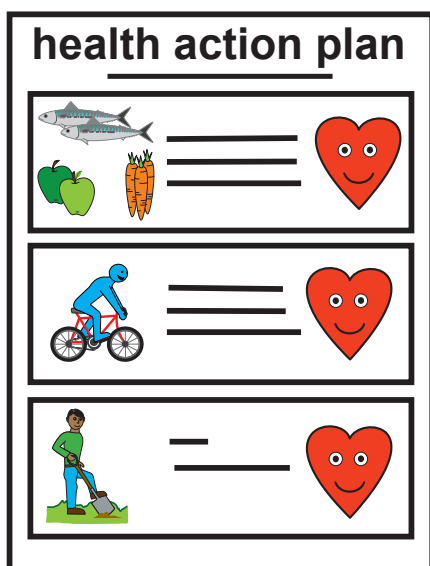
There are lots of things you can do to stay well and keep your heart healthy.
This book tells you some of them.
The person who is supporting you might tell you some more.



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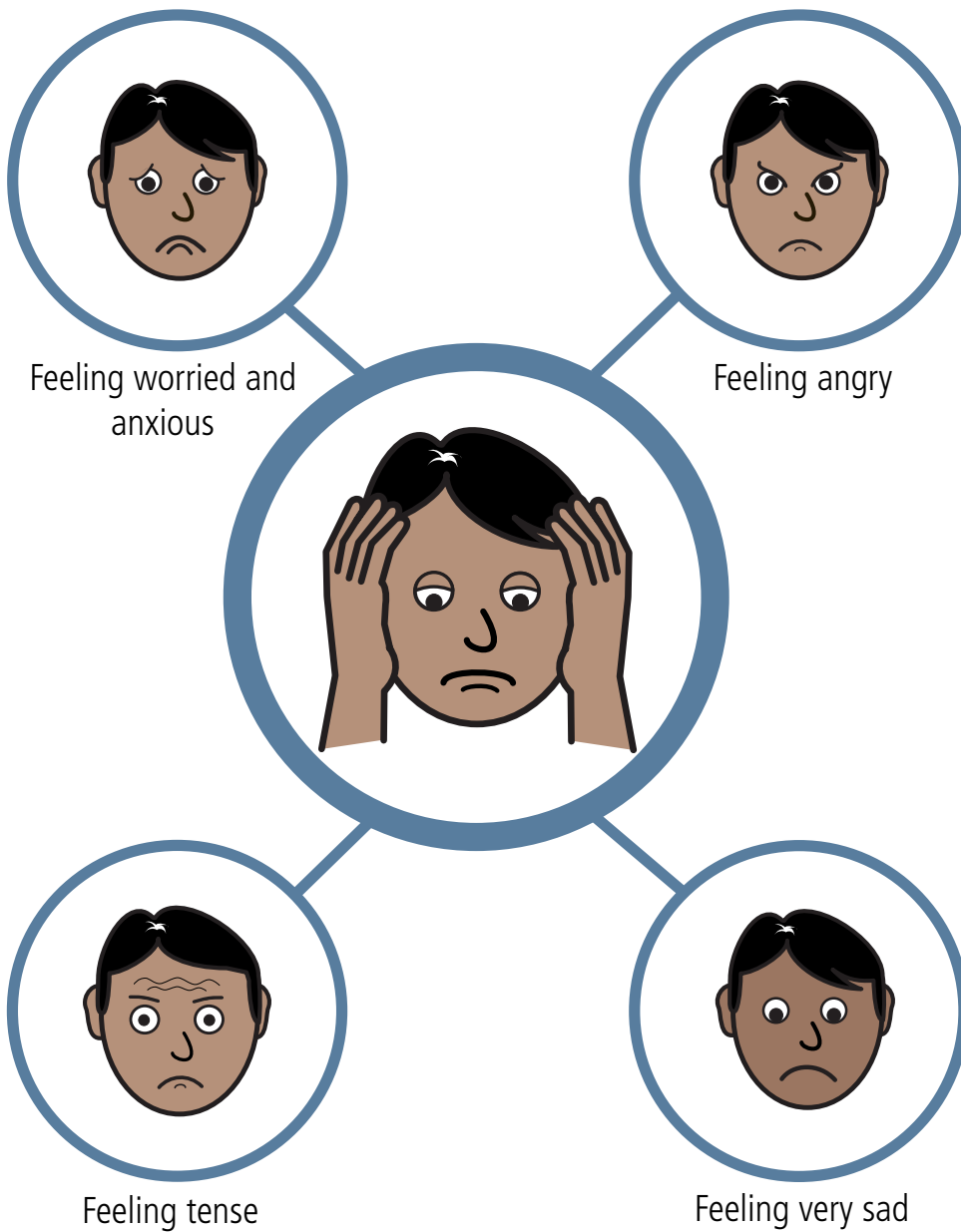
You can plan things to do to stay well and keep your heart healthy.
The person who is supporting you can help you make this plan.
This is called a health action plan.



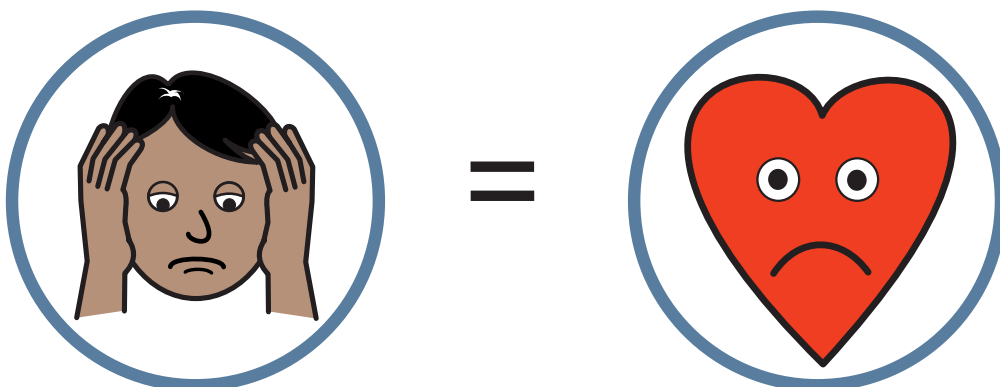
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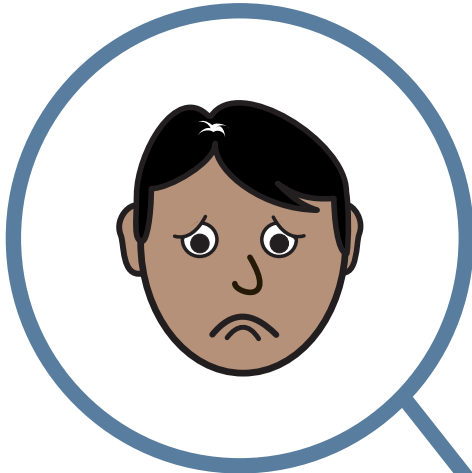
Stress is a way of thinking and feeling.
Stress can mean these things:



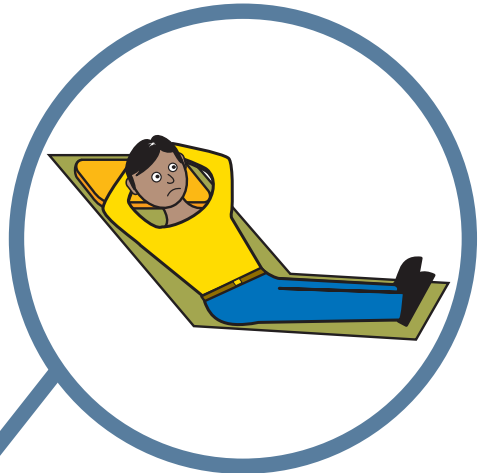
Too much stress is bad for your heart.



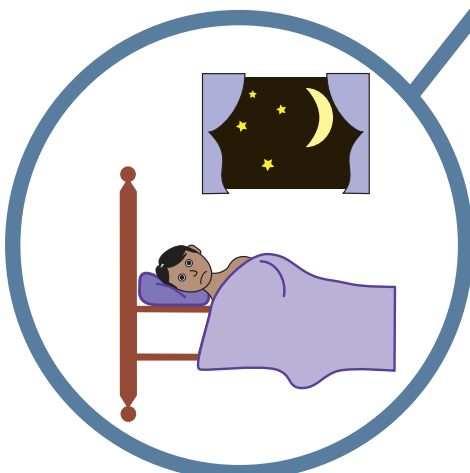
Everybody feels a bit of stress sometimes.
But stress can be a problem if you feel it too much or too often.
Too much stress can make these things happen:



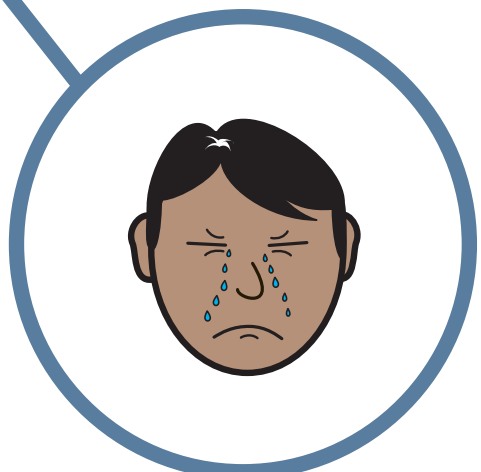
You worry a lot about things



You find it hard to relax

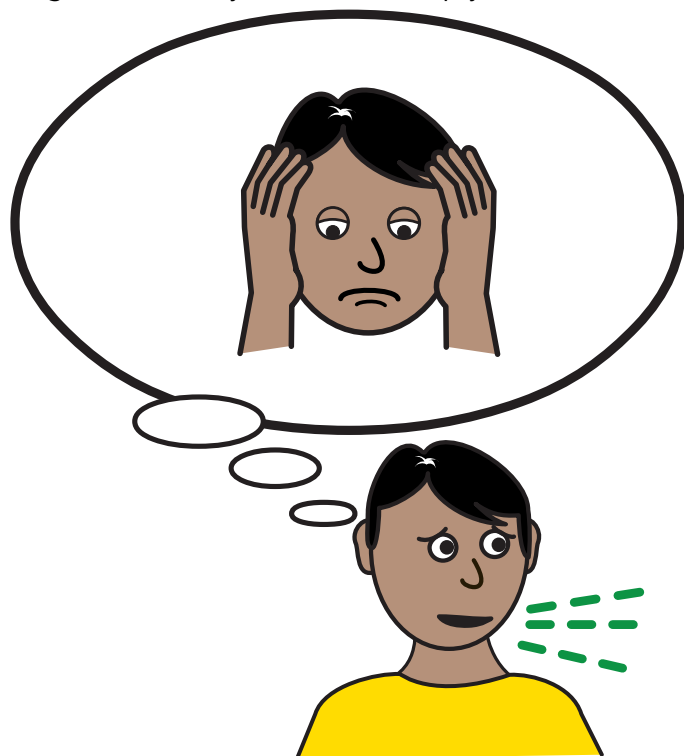


You find it hard to get to sleep

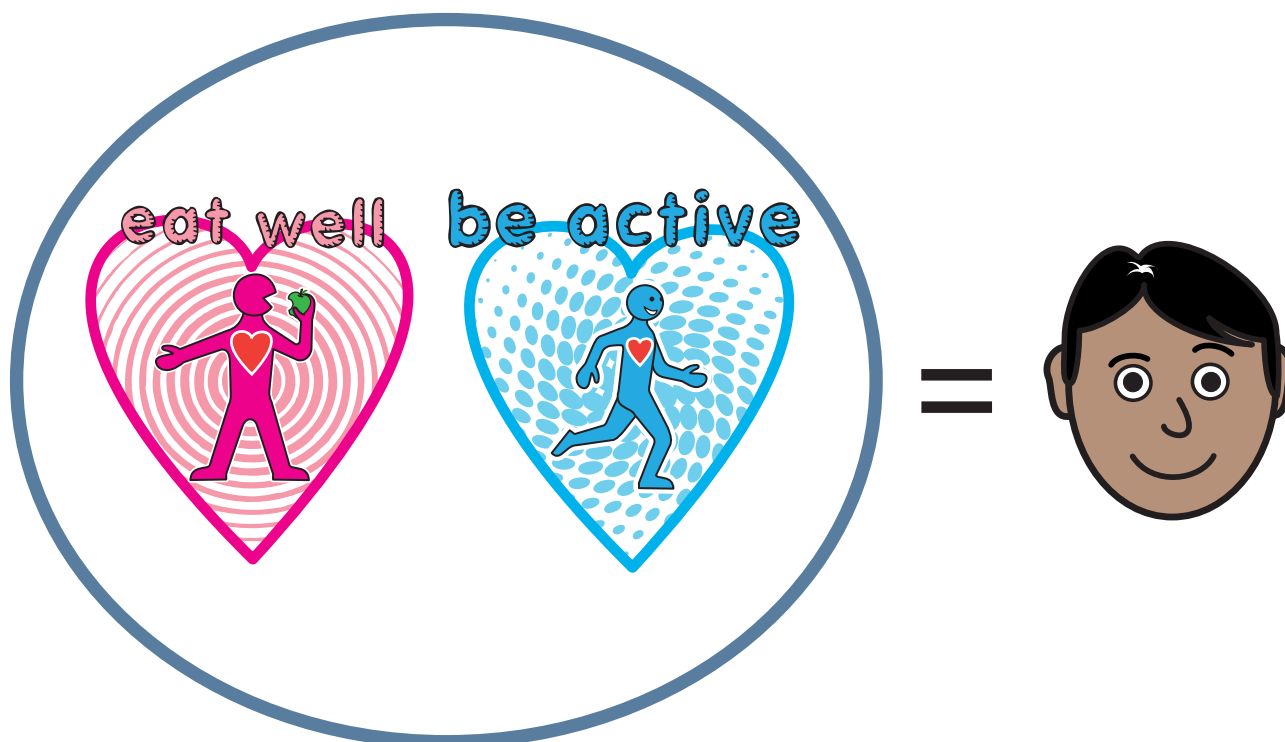


You get upset easily

You can talk about stress to the person who is supporting you.
Talking about how you feel can help you have less stress.



Doing things that are good for your heart can also help you feel less stress.



It is good to take time to relax.
Relaxing means being calm.
You might relax by doing these things:

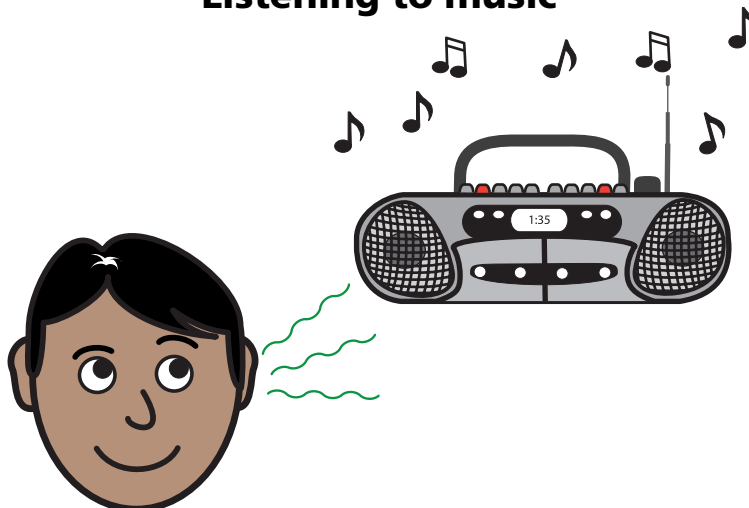
Sitting down somewhere quiet



Lying down

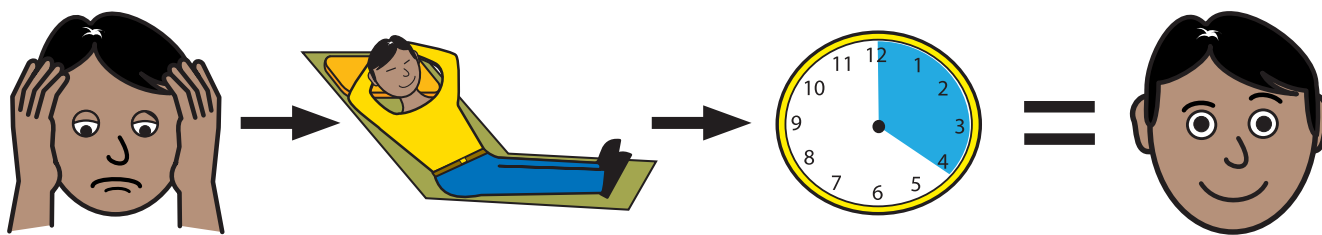


Listening to music

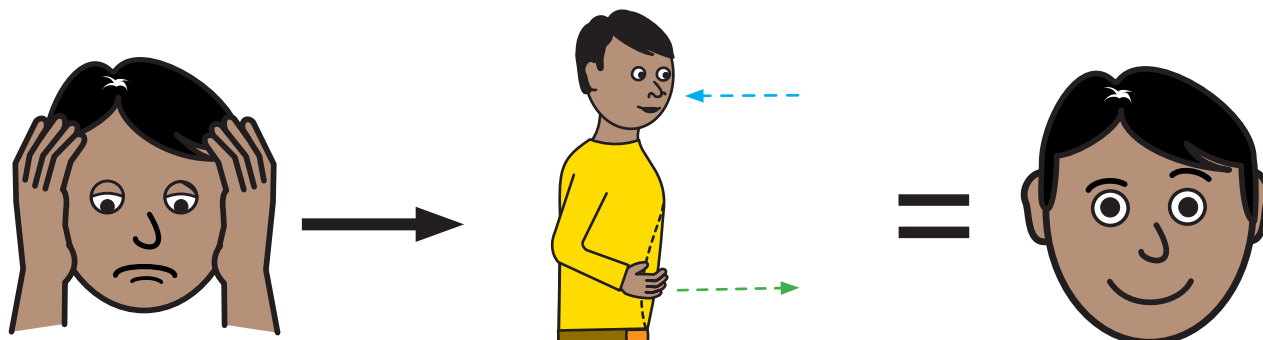


Relaxation

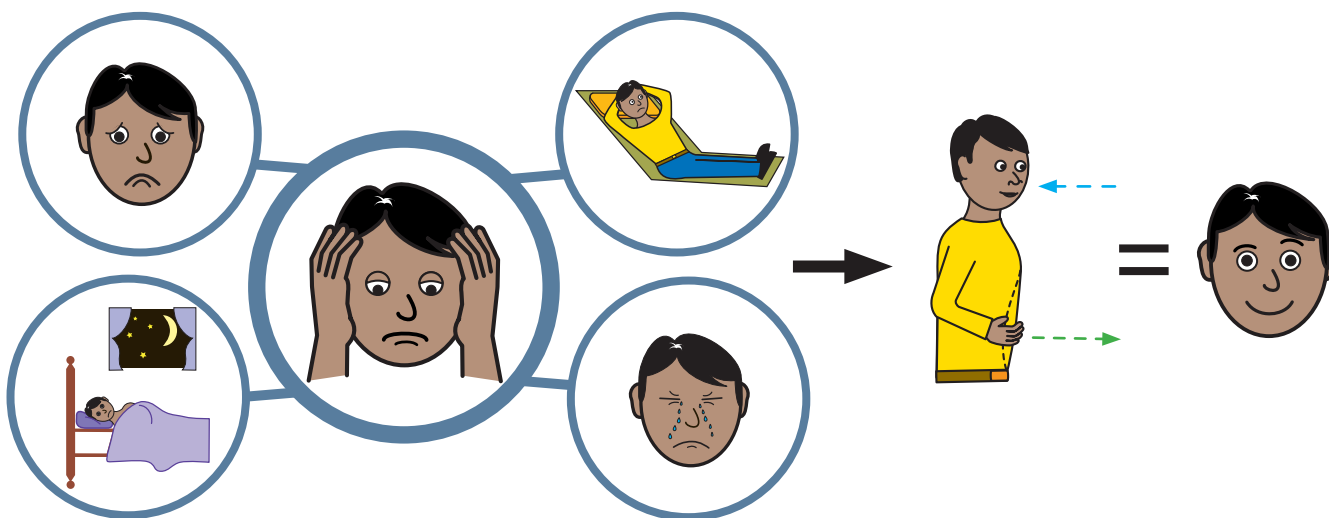
Take time to relax if you are feeling stress.



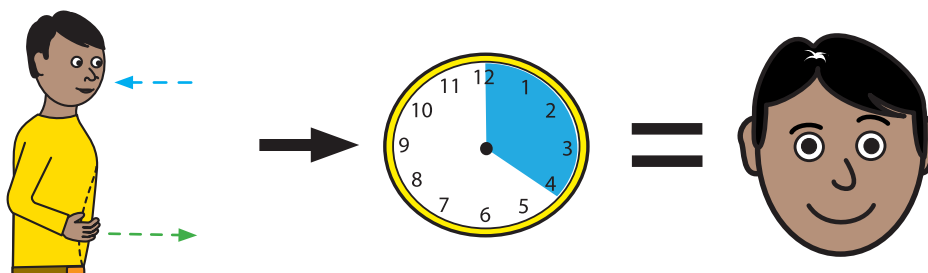
There is a way of breathing that can help you relax.



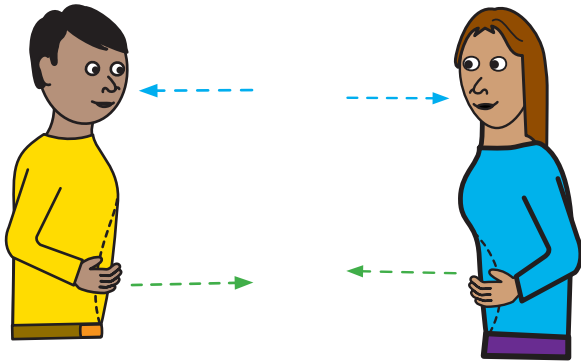
You can do this when you feel a lot of stress.



You can also do this every day to help you feel less stress.



Breathing



The person who is supporting you can help you practice this way of breathing.

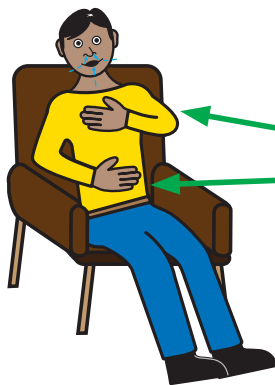
You can practice breathing the right way:



Lie down or sit back in a comfy chair.



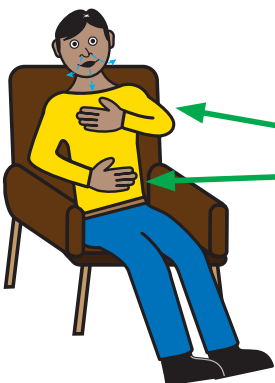
Put one hand on your tummy. Put the other hand on your chest.



Breathe in normally.



Which hand moved most?



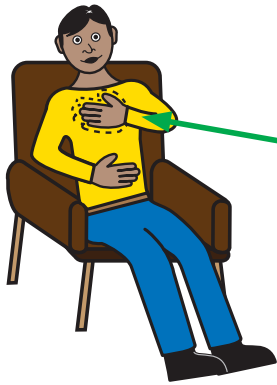
Breathe out normally.



Which hand moved most?

Breathing

Most people find the hand on their chest moves.

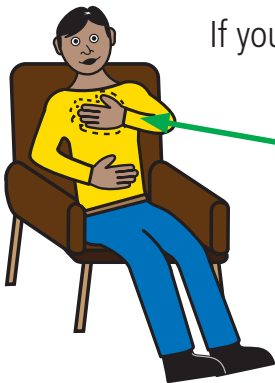


This is because they are breathing the wrong way.



The hand on your tummy should move.

If you are breathing the wrong way you can practice doing it right.

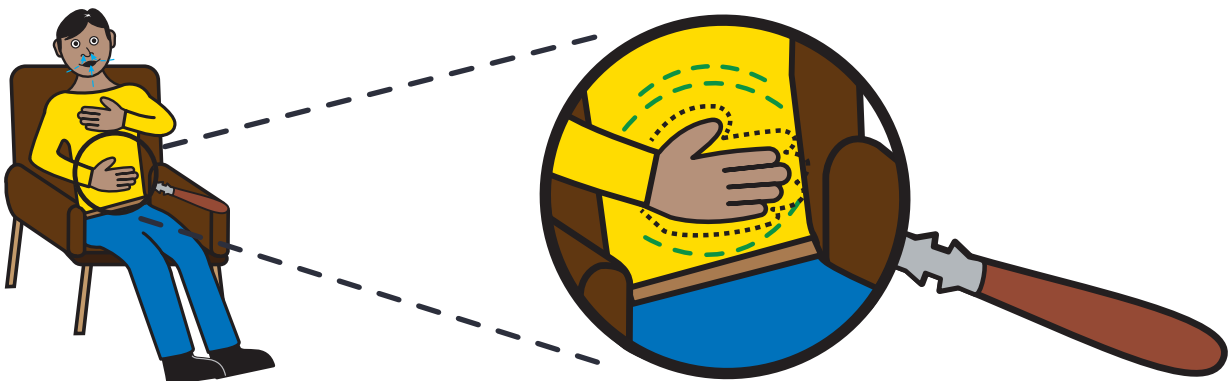


Lie down or sit back in a comfy chair.



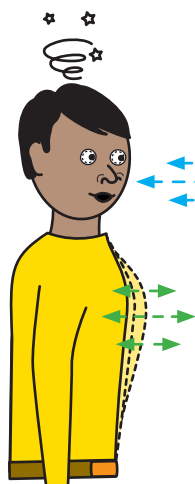
Put one hand on your tummy. Put the other hand on your chest.

Gently push out your tummy as you breathe in.
Keep your chest and shoulders relaxed and as still as possible.

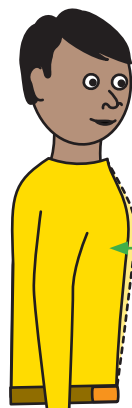


Breathing

Make sure you breathe in normally.

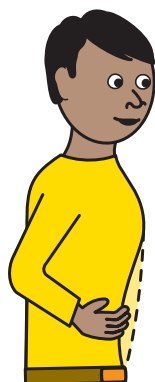


If you breathe in too much air you will get dizzy!



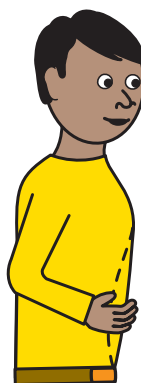
Try to breathe slowly and smoothly.

Gently pull in your tummy as you breathe out.
It might help to push your tummy with your hand a little bit.



Breathe out

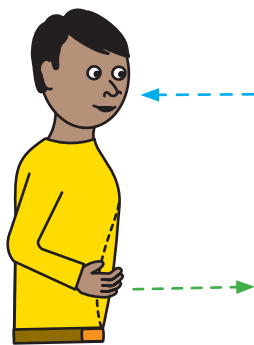
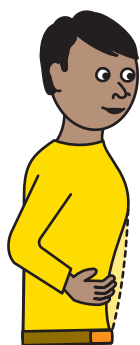
Tummy in



Breathe in

Tummy out

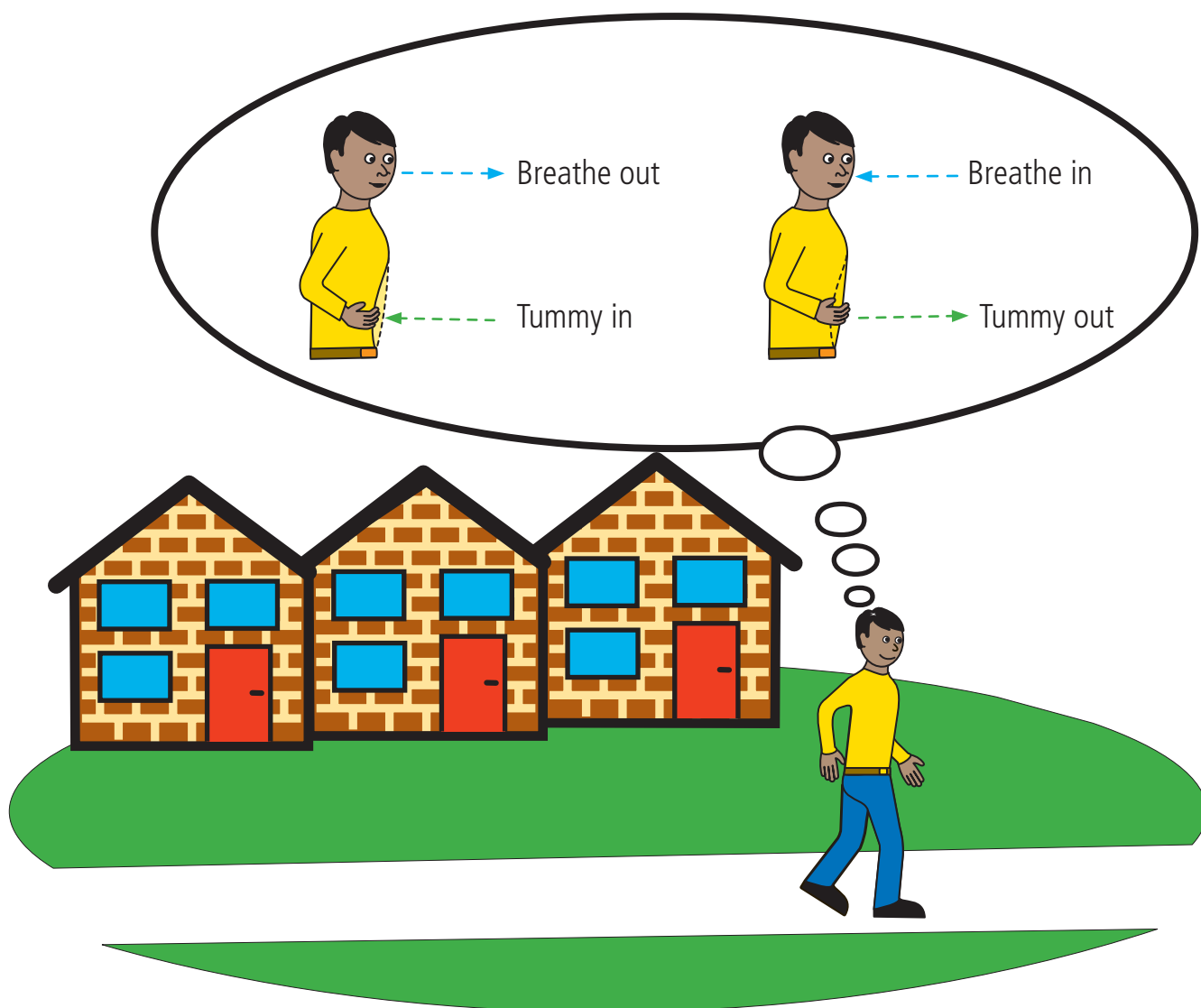
Practice this twice a day.
Practice for about five minutes each time.



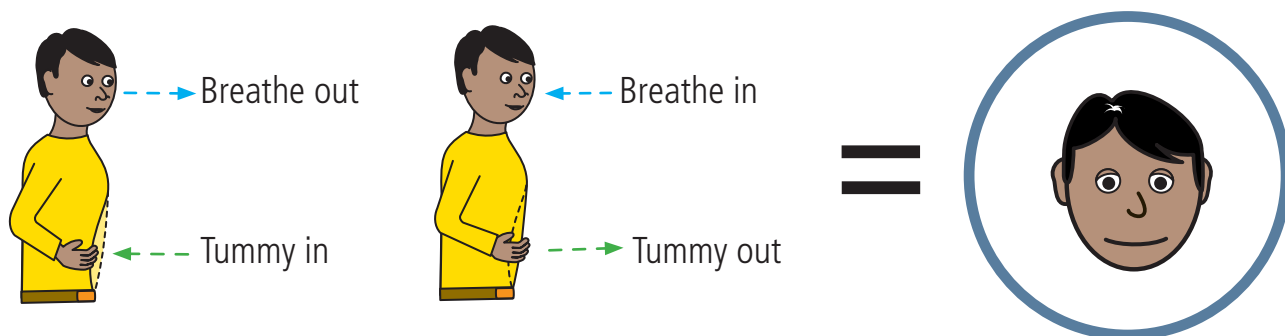
x 2

Breathing

Try to think about how you are breathing during the day.
Try to make sure you are breathing with your tummy.

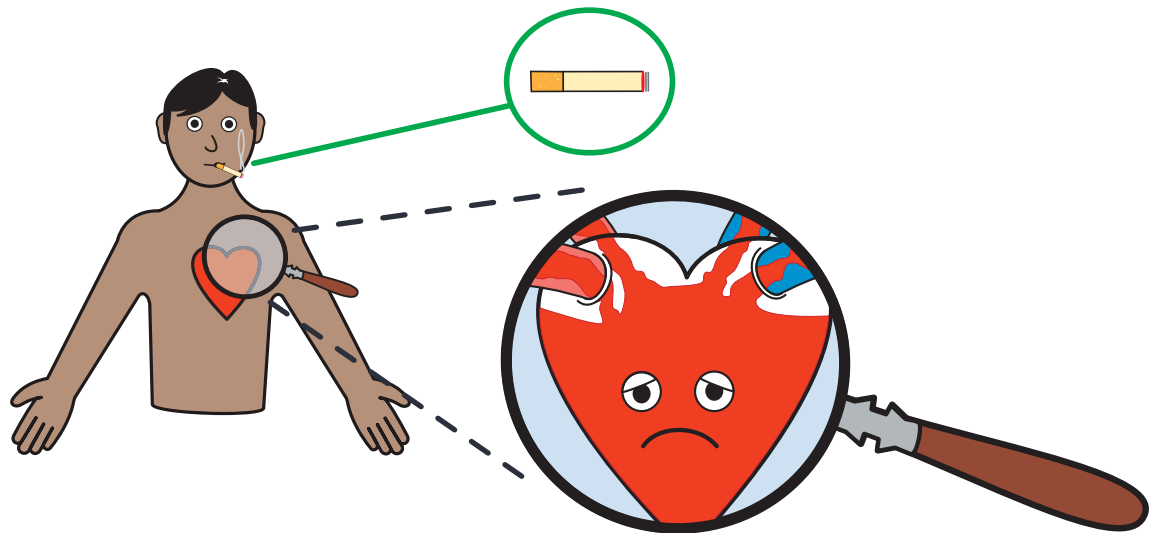


Breathing the right way can be a hard habit to get.
Taking time to practice breathing the right way will help.
Doing the practice is also good for helping you feel calm and relaxed.

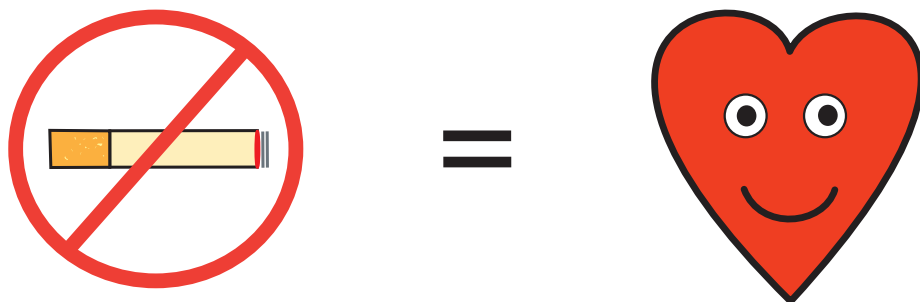


Stop smoking

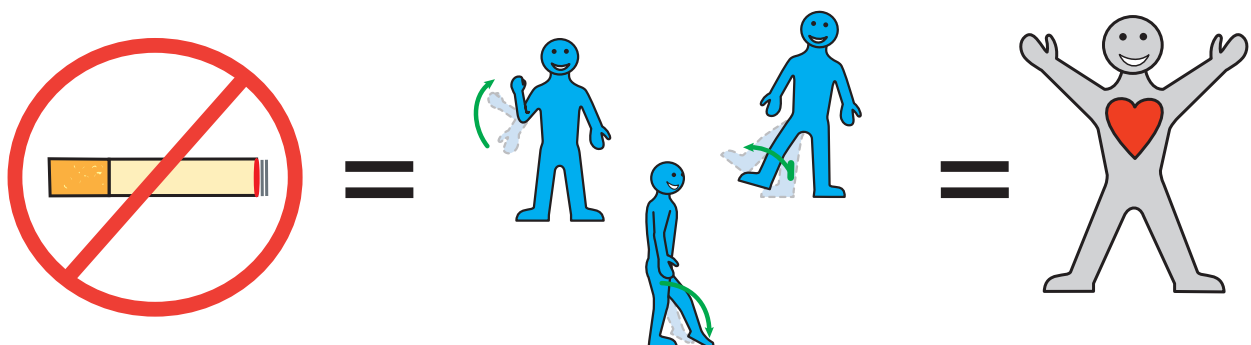
Smoking is very bad for your heart.



If you smoke you should stop.
Stopping smoking will help your heart get healthy.



Stopping smoking will also make it easier for you to do exercise.
Exercise will also get your heart healthy.

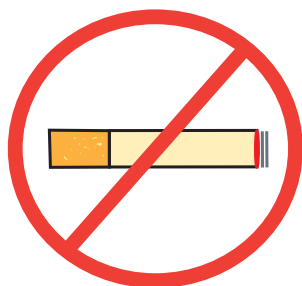


What can I do to help me stop smoking? _____

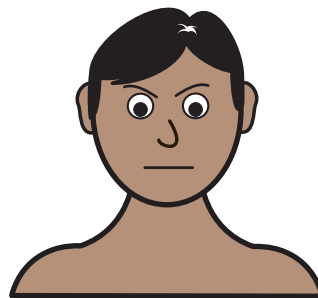
Stopping smoking is hard.

When you first stop smoking it can make you feel bad-tempered.

Breathing the right way to relax can help you feel more calm.



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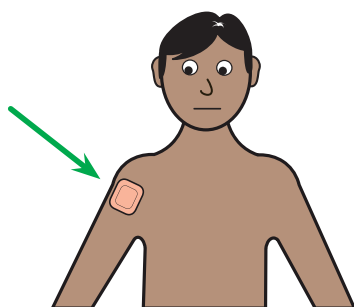
medication to take



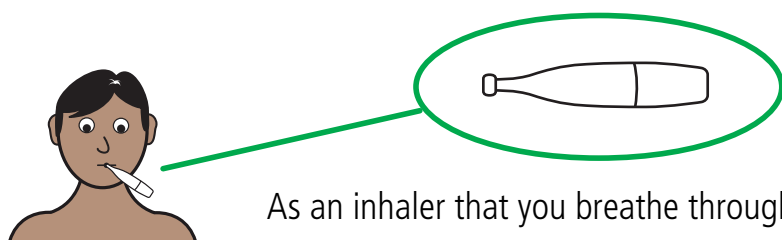
To help you stop smoking your doctor might tell you medicine to take.
This medicine can be taken in different ways:



As a kind of chewing gum



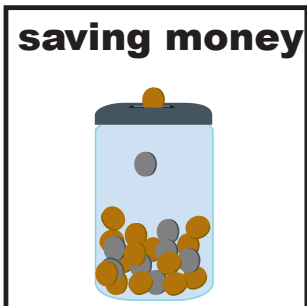
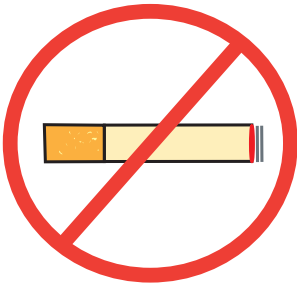
As a patch that you stick on your skin



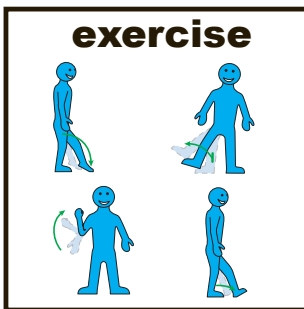
As an inhaler that you breathe through

What can I do to help me stop smoking?_____

Here are some more ideas to help you stop smoking:



Put the money you are saving in a jar.
This will show you how much you are saving.
Use the money to buy a reward for stopping smoking.



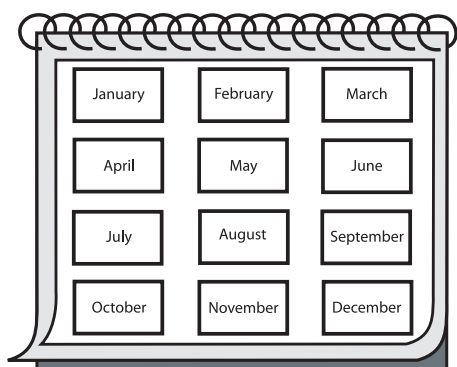
Exercise helps you want to stop smoking.
The exercise will also get your heart more healthy.



Get checked out _____

Get checked out means getting more help to find out about your health.

You should have a healthcheck once a year.



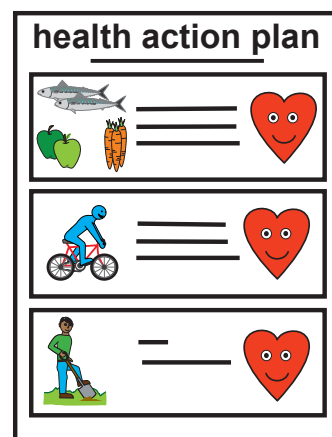
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A healthcheck is done by your doctor or a nurse at the doctor's surgery.
The healthcheck finds out more about your health.
Remember that being healthy and happy is good for your heart.
At the end of the healthcheck there will be a plan about ways to be healthy.
This is called a health action plan.



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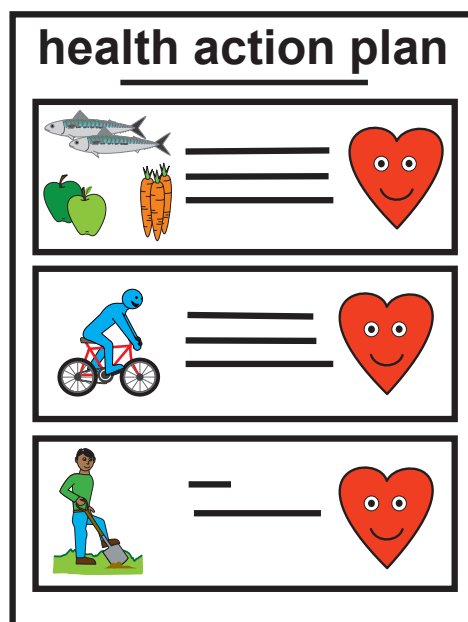
Remember that being healthy and happy is good for your heart.



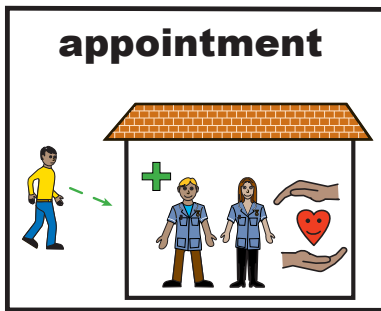
At the end of the healthcheck there will be a plan about ways to be healthy.
This is called a health action plan.



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If you are given medical appointments it is very important to go to them.



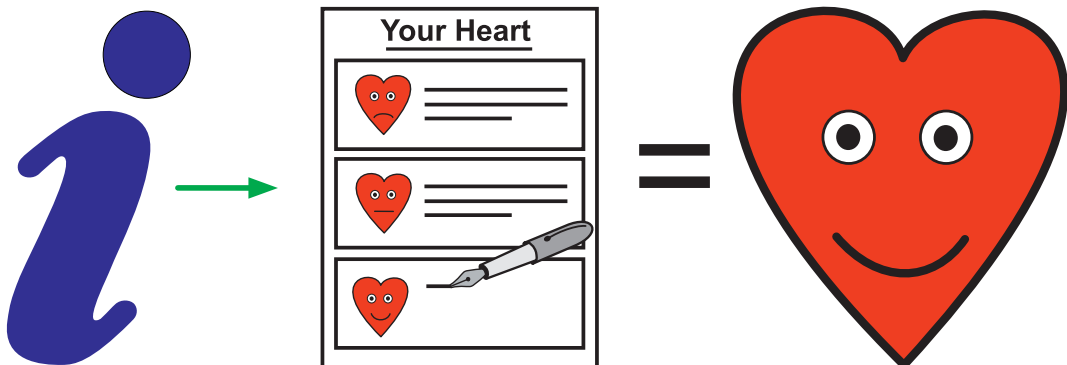
When you go to medical appointments you might have questions you want to ask.



You could have your questions written down to help you remember them.

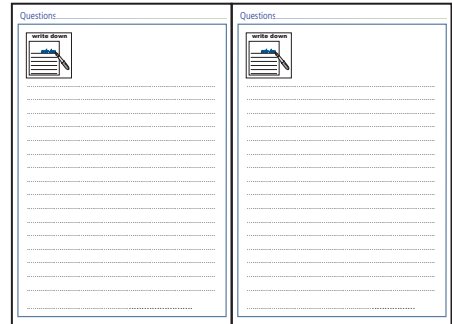


You might be asked to fill in information about your health or about the things you do.
You might be asked this by a doctor or by the person who is helping you.
It is important to fill in this information.
You can get help to fill in this information from the person who is supporting you.

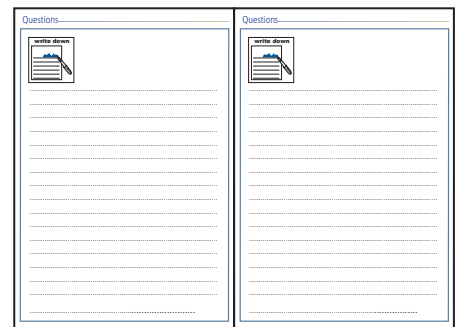


Any questions?

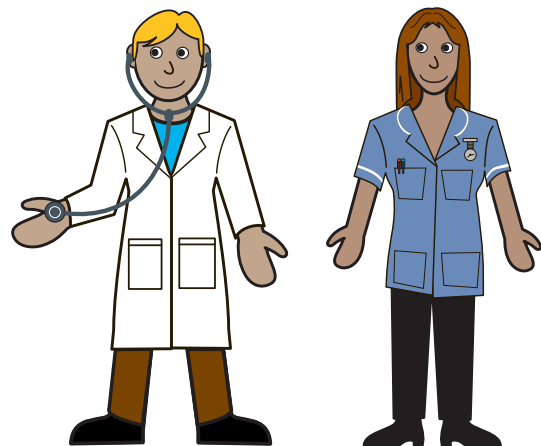
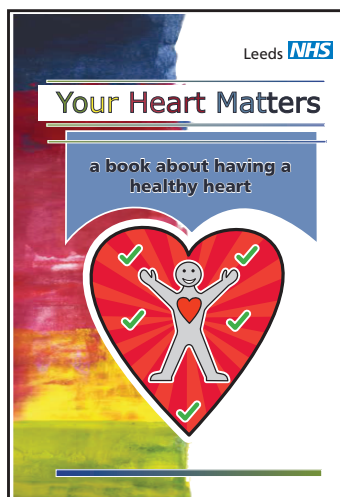
You might have questions you want to ask about your health.
Questions can be written in the rest of the book.
This will show what you want to know.
Write the questions here to help remember what you want to ask.



The person who is helping you might have questions for when you go to see doctors or nurses.
They can write their questions in rest of the book as well.



This will show the doctors and nurses what they want to ask.
Answers can be written in the rest of this book.
This will show everyone what has been said.



Questions

[illegible]

Questions

This image shows a full page of a document template designed for handwritten notes or answers. It consists of approximately 20 evenly spaced, horizontal dashed lines across the entire width of the page. The background is plain white, providing a clear space for writing. There are no margins, headers, footers, or other markings present on the page.

Questions

[illegible]

Questions

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Questions



A series of horizontal dotted lines for writing.



Designed by **easy on the *i***. All symbols copyright © LPFT