1. Diet advice

Coronary heart disease is the number one cause of death in Australia. Although there is not one single cause, an unhealthy diet can be one of the contributing risk factors for coronary heart disease. Paying attention to what you eat and consuming a variety of healthy foods is one of the most important preventative measures you can take. Checkout our diet suggestion to improve your lifestyle and reduce the risk of coronary heart disease.

1. Exercise advice

Regular physical activity is one of the best things you can do for your heart health. Exercise can make your heart muscle stronger. Australian Government recommends that 30 to 45 minutes of physical activity a day, five or more days of the week can help reduce your risk of heart disease and heart attacks. Exercise may help lower your blood pressure and cholesterol. Have a look at the exercise advice we provide and a list of different exercises that can be performed on a daily basis to live a healthy life.

1. Calorie calculator

It is suggested that reducing your daily caloric intake by just 300 calories could minimize your risk of heart disease. A healthy diet and lifestyle are the best weapons to defeat coronary heart problems. Take the simple steps to keep track of your calorie intake and live a happy life.