

# WORLD MENOPAUSE DAY 2023

## HEALTHY HEART

### What's the best way to a healthier heart?

- Keep active
- Stop smoking
- Maintain a healthy weight
- Reduce alcohol



### Keeping active



A running programme for absolute beginners, Couch to 5K has helped millions of people like you start running.



The Active 10 app anonymously records every minute of walking you do. Just pop your phone in your pocket and away you go!



Did you know? To stay fit and healthy, it's recommended you get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day.

