

Healthy Heart

Why do we need a healthy heart? In this talk our expert will create awareness on heart health. Why we should invest time into exercise, healthy nutrition choices and taking health checks.

Topics covered include:

- What does physical wellness for a healthy heart mean to you?
- Why is looking after our heart health so important?
- Diet and heart health – focus on Mediterranean style diet
- Facts on fat
- Healthy swaps
- Recommendations and evidence to support consumption of fish/omega
- Facts on coconut oil
- Salt
- Fruit and vegetables
- Fibre
- Benefits of physical activity
- Health checks

