



HEART HEALTHY RESOURCE

GENERAL RESOURCES

- Age UK: 7 ways to boost your heart health
<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/7-ways-to-boost-your-heart-health/>
- British Heart Foundation: Keep your heart healthy
<https://www.bhf.org.uk/information-support/publications/heart-conditions/keep-your-heart-healthy>
- NHS Health Check: What's your heart age?
<https://www.nhs.uk/conditions/nhs-health-check/check-your-heart-age-tool/>
- NHS: Heart attack prevention
<https://www.nhs.uk/conditions/heart-attack/prevention/>

DIET

- The Association of UK Dietitians: Heart health: food fact sheet
<https://www.bda.uk.com/resource/heart-health.html>
- British Heart Foundation: Healthy eating
<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>
- Heart Research: Health Tip – A heart-healthy diet
<https://heartresearch.org.uk/ht-heart-healthy-diet/>
- Heart UK: Easy ways to eat healthy
<https://www.heartuk.org.uk/healthy-living/introduction>

EXERCISE

- NHS: Exercise
<https://www.nhs.uk/live-well/exercise/>
- NHS Inform Scotland: Keeping active
<https://www.nhsinform.scot/healthy-living/keeping-active/>

WEIGHT MANAGEMENT

- British Heart Foundation: Managing your weight
<https://www.bhf.org.uk/information-support/support/healthy-living/managing-your-weight>
- Heart UK: Looking after your weight
<https://www.heartuk.org.uk/low-cholesterol-foods/looking-after-your-weight>