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**WHealth**

Health - Your Ultimate Wealth

**SEPTEMBER 2023**



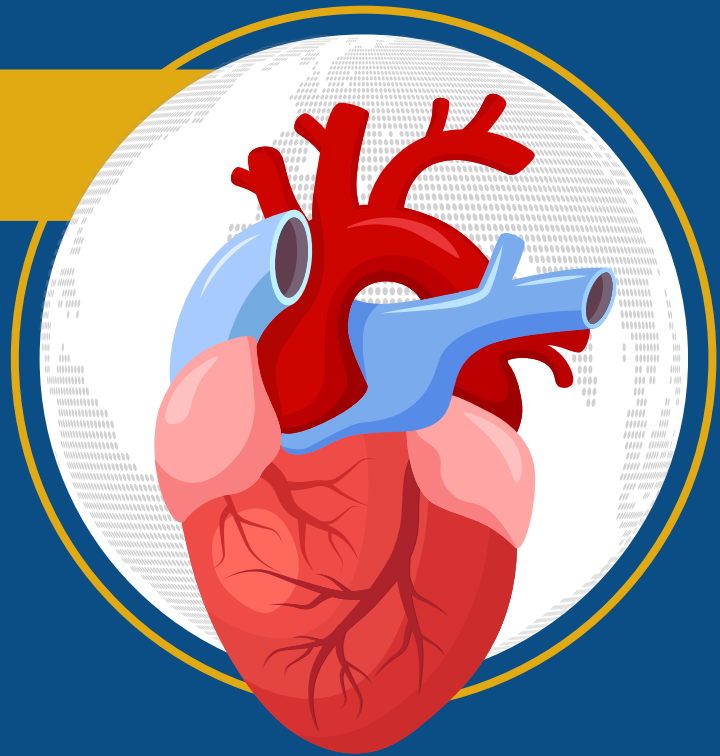
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# WORLD HEART DAY

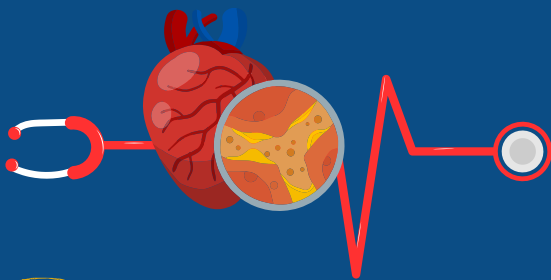
29th September

Our hearts are more than just vital organs, they are the rhythmic centre of our lives, the driving force behind every moment, and the source of boundless love. World Heart Day serves as a reminder that heart health is not only about physical well-being but also goes beyond that as this precious organ deserves our care and attention.

“Use Heart for every Heart,” touches on the deep emotional connection to our hearts, urging us to embrace and nurture the hearts of others. It gently prompts us to channel our emotions to uplift and support those around us, becoming beacons of heart-healthy living in our society.



## TO ENSURE A HEALTHY HEART, MONITOR THE BELOW BODY INDICATORS:



**Blood Pressure:**  
Keep it below 120/80 mm Hg



**Waist Circumference:**  
For women, aim for less than 35 inches; for men, less than 40 inches



**BMI (Body Mass Index):**  
A BMI greater than or equal to 30 (obese) or between 25 and 29.9 (overweight) indicates a higher risk of heart issues



**Blood Sugar:**  
Maintain fasting levels under 100 mg/dL

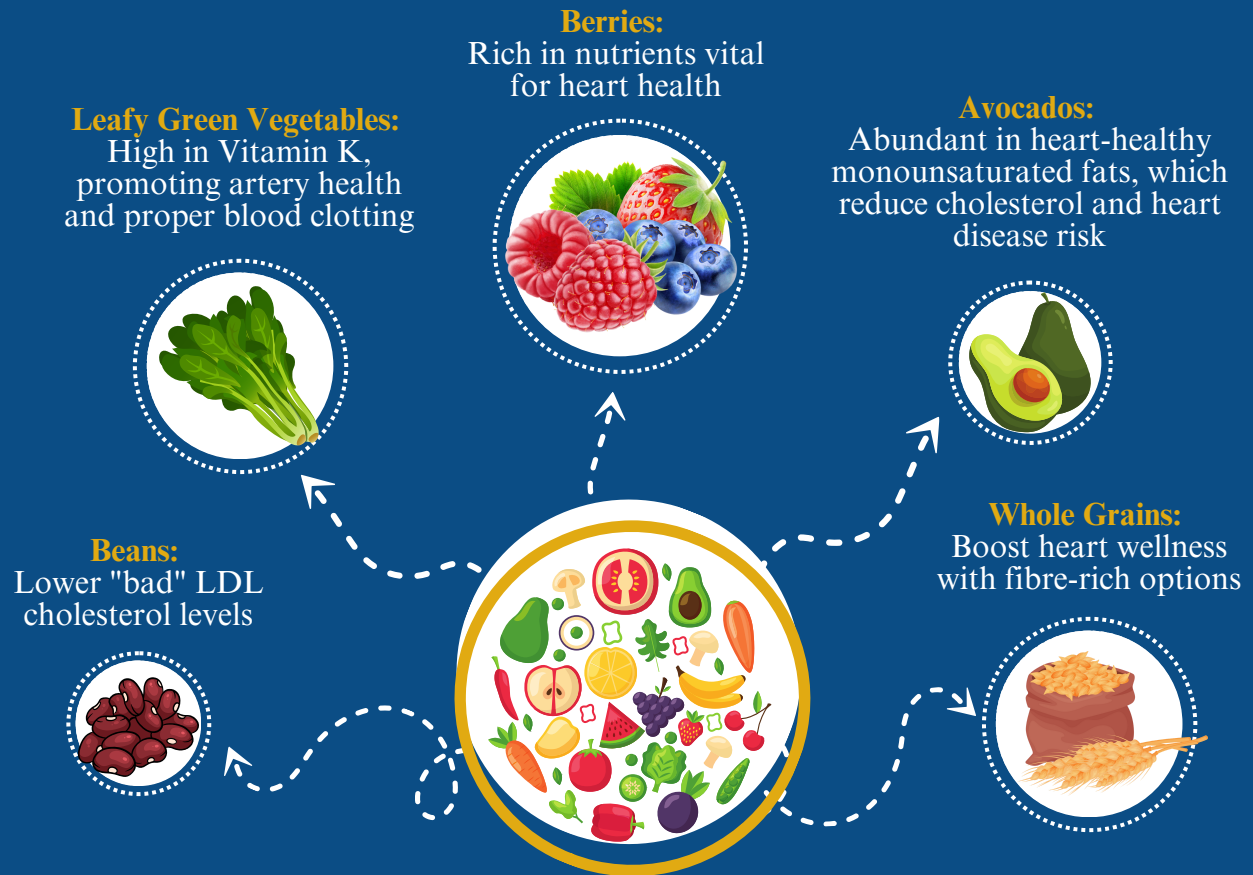


**Cholesterol:**  
Strive for levels below 70 mg/dL



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## TOP 5 HEALTHY FOODS TO INCORPORATE IN YOUR DIET FOR A HEALTHY HEART



## HOME EXERCISES TO KEEP YOUR HEART HEALTHY



**Aerobic Exercise:** Engage in exercises such as jumping jacks, high knees, spot running, dancing, stair climbing and skipping rope to boost cardiovascular fitness



**Strength Training:** Include exercises like push-ups, squats, lunges, Planks, and wall sits in your routine



**Flexibility:** Enhance heart health through practices like Yoga, Pilates, or Tai Chi



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# WORLD ALZHEIMER'S DAY

21st September

Alzheimer's, the most prevalent form of dementia, progressively impairs memory and cognitive functions, significantly affecting daily life.

This year's theme "Never too early, never too late" emphasizes the crucial importance of recognizing risk factors and taking proactive steps to delay or possibly prevent the onset of dementia. This approach also includes continued risk reduction strategies for those already diagnosed with the condition, empowering them to navigate the challenges with resilience and hope.



## WATCH FOR THESE EARLY SIGNS OF ALZHEIMER'S:

Memory Loss

Misplacing Belongings

Mood Changes



Poor Judgement

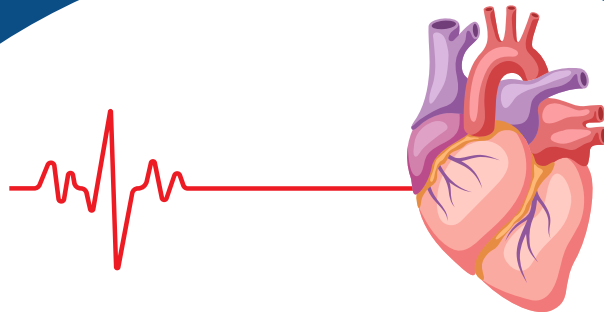
Social withdrawal

Confusion

Struggle for Communication



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## DID YOU KNOW?

On average, our heart beats 70 to 72 times per minute,  
100,000 times per day, 3,600,000 times per year, and  
2.5 billion times in a complete lifetime.

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