

HEART HEALTH

SMALL DAILY HABITS. LIFELONG BENEFITS.

Your heart beats around 100,000 times every day.
Looking after it is one of the greatest investments you can make in your future health.



WHY HEART HEALTH MATTERS

Your heart and blood vessels deliver oxygen and nutrients to every cell in your body.

Healthy blood vessels support:

- ✓ Energy
- ✓ Brain function
- ✓ Physical performance
- ✓ Healthy ageing
- ✓ Kidney health
- ✓ Cognitive health
- ✓ Long-term wellbeing



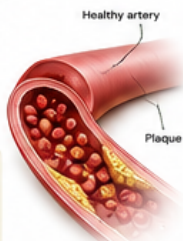
UNDERSTANDING CHOLESTEROL

CHOLESTEROL IS ESSENTIAL

Your body uses cholesterol to:

- ✓ Make hormones
- ✓ Build cell membranes
- ✓ Produce vitamin D
- ✓ Produce bile acids

The issue is not cholesterol itself.
The issue is how cholesterol is transported and whether blood vessels become damaged.



UNDERSTANDING APOB

DID YOU KNOW?

ApoB is carried on particles that can enter artery walls.
Many experts now consider ApoB one of the most useful markers of cardiovascular risk.

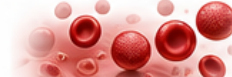


A person can have a "normal" cholesterol result but still have elevated ApoB.



WHAT ABOUT Lp(a)?

Lp(a) is largely genetic.
High levels may increase cardiovascular risk.
Unlike many markers, lifestyle has limited effect on Lp(a), but knowing your level can help understand overall risk.



SIGNS YOUR HEART LOVES HEALTHY HABITS

- ✓ Good energy
- ✓ Healthy blood pressure
- ✓ Healthy blood sugar
- ✓ Better exercise tolerance
- ✓ Better recovery
- ✓ Better long-term resilience



DID YOU KNOW?

Your blood vessels are lined by a thin layer called the **endothelium**.
This lining helps control blood flow, clotting and blood pressure.
Exercise can improve endothelial function within weeks.



FOODS THAT SUPPORT HEART HEALTH



FIBRE-RICH FOODS

Fibre helps:

- Support healthy cholesterol
- Support blood sugar balance
- Feed beneficial gut bacteria

Examples:

- Oats
- Beans
- Lentils
- Vegetables
- Fruit
- Nuts
- Seeds



HEALTHY FATS

EXTRA VIRGIN OLIVE OIL
Rich in polyphenols.



NUTS & SEEDS
Provide healthy fats, fibre and minerals.



AVOCADOS
Rich in mono-unsaturated fats.



OILY FISH
Provide omega-3 fats.

- Examples:
- Sardines
 - Mackerel
 - Salmon
 - Herring



COLOURFUL PLANT FOODS

Aim to "eat the rainbow."
Different colours provide different phytonutrients.

RED
Tomatoes, peppers



PURPLE
Blueberries, blackberries



ORANGE
Carrots, squash



GREEN
Broccoli, kale, spinach



FOODS TO LIMIT

Not because they are "bad," but because they may be less supportive when eaten frequently:

- Ultra-processed foods
- Sugary drinks
- Excess alcohol
- Frequent deep-fried foods
- Processed meats

LIFESTYLE HABITS THAT MATTER



MOVE DAILY

Aim for:
150 minutes of moderate activity each week.

- ✓ Walking counts.
- ✓ Gardening counts.
- ✓ Cycling counts.



BUILD MUSCLE

Strength training helps:

- ✓ Improve insulin sensitivity
- ✓ Support metabolism
- ✓ Support healthy ageing
- ✓ Improve cardiovascular health



PRIORITISE SLEEP

Poor sleep may increase:

- Blood pressure
- Inflammation
- Appetite
- Insulin resistance



Aim for 7-9 hours where possible.



MANAGE STRESS

Chronic stress may:

- Raise cortisol
- Increase blood pressure
- Affect blood sugar
- Influence inflammation

Simple tools:

- ✓ Walking
- ✓ Breathing exercises
- ✓ Time outdoors
- ✓ Social connection
- ✓ Mindfulness



MEDITERRANEAN-STYLE PLATE



1/4 PLATE Vegetables
Fill half your plate with colourful vegetables.



1/4 PLATE Quality Protein
Choose fish, poultry, eggs, beans or legumes.



1/4 PLATE Whole-Food Carbohydrates
Choose whole grains, legumes or starchy vegetables.



Use as Virgin Oily oil.



Water as Primary Drink
Choose water most often.



DID YOU KNOW?

Research consistently finds that people eating Mediterranean-style diets tend to have lower rates of cardiovascular disease and improved long-term health outcomes.



REMEMBER

Heart health is built meal by meal, walk by walk and choice by choice.

You do not need perfection.
Small daily habits repeated consistently can have a powerful impact over time.



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Evidence-informed nutrition. Rooted in kindness.