

WORLD HEART DAY

Dear Parents,

World Heart Day is celebrated every year on 29th September. It was founded in the year 2000 to inform people around the globe that heart disease and strokes are some of the world's leading causes of death. Through this World Heart Day campaign, individuals, families, communities, and governments worldwide create awareness of the precautions to be taken to avoid heart diseases and live a happy, healthy life.

Activities to keep your heart healthy: -

- American Heart Association suggests taking 10,000 steps a day can keep a person's heart healthy.
- The World Health Organization advises adults to get on a weekly basis at least 150 minutes of moderate-intensity physical activity (Brisk walking, Cycling, Gardening) or 75 minutes of vigorous activity (Running, Swimming, Skipping, Aerobics).

A promise we can make to ourselves and our families: -

- To our families to eat home-cooked and healthy food.
- To be a role model for our children by exercising regularly.
- From our children to exercise and be more active. Get your child involved in physical activities at least 60 minutes a day from an early age. Be it fun-filled activities such as swimming, cycling, skipping.
- To say no to smoking and alcohol.

Tips to avoid heart disease: -

- Track your blood pressure.
 - Maintain your ideal weight.
 - Keep your Cholesterol levels under control.
 - Manage your sugar levels.
 - Make sure you get enough sleep.
 - Reduce stress by doing Yoga, Pranayama, and Meditation.
- Heart diseases and stroke run in families. So, please get yourself checked if you have a family history of these diseases.

With Best Wishes,
Medical Department
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