

# HOLLARD HEALTH LOVES YOUR HEART

February was the month of love, and it got us thinking about how important it is to not only express your love to the ones closest to you but also to **give our bodies some heart-felt love!**

And what's the part of our body that represents and emanates love?

## Our Hearts!

This organ is one that we take for granted but works for us tirelessly from the moment we're born, beating an average of 60 to 100 times a minute and pumping 2000 gallons of your blood each and every day without us even having to think about it.

Our hearts, are quite literally, at the 'heart' of everything we do and even though we aren't always aware of them, deserve to be given just as much love as you would to your amazing spouse, partner, children or friends. If you do, **your heart will thank you** by maximising your chance of living a long, happy and healthy life.



YOUR  
HEART  
MATTERS



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# CARE FOR YOUR HEART

## How do we take care of our hearts?

By taking heart health seriously: Cardiovascular disease (CVD) is the leading cause of death globally, taking an estimated 17.9 million lives each year. While four out of five CVD deaths are from heart attacks and strokes, one third of these deaths occur prematurely in people under 70 years of age...

**But they can be prevented.**

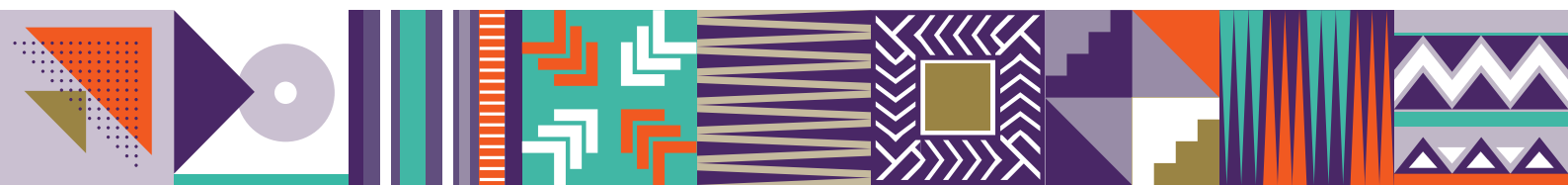
## How to take care of your heart:

Those stats are scary but research shows that there are **four simple behaviours** that can prevent 80% of heart disease:

1. Not smoking
2. Exercising 3,5 hours a week
3. Eating a healthy diet
4. Maintaining a healthy weight

And what's great is that **Hollard Health** has various ways to support your heart health, through our **Wellness** and **Preventative Care Benefits**, as well as our **HealthMov app**, which gives you immediate access to key measures on your Heart Health and day to day steps to improve your overall wellbeing.

To find out more log on to your [Hollard Health portal](#).





## Now Let's Talk About Stress...

Did you know that most heart attacks happen on a Monday morning?

That's right; stress hormones are at their highest in the mornings (especially on Mondays), leading to higher blood pressure and stress hormones, breaking pockets of plaque and causing a blockage to the heart.



If you want to **take care of your heart**, you also need to look at **healthy ways to deal with stress**.

- What form of exercise can you do that will not only get your **cardiovascular system moving but also bring you enjoyment**?
- Do you have a **healthy work/life balance** in which you are giving yourself time to rest, socialise and do things that you love, outside of work?
- Have you considered a **mindfulness or breathwork practice**? There are many very simple ways to incorporate this into your life that only take a few minutes a day.
- Are you finding ways to **enjoy your life**? Studies show that blood vessels relax when individuals are laughing or happy, which sends 20% more blood through the body. In other words, when you are relaxed, your heart doesn't have to work so hard.

And so, from our hearts to yours, **we wish you health and happiness** – the more you look after it, the happier your heart and the hearts of those around you will be.

The Hollard Health Team

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