

FEBRUARY IS HEART AWARENESS MONTH

As a charity, the Heart Foundation relies on the community's support and generosity to help fund its lifesaving work in heart health research, education and cardiac care. We all have a responsibility to take care of our heart health.



Make a difference in the Big Heart Appeal street collection

Show your big heart and support research at the Heart Foundation Big Heart Appeal street collection, on Friday 19 and Saturday 20 February 2021.

Heart Awareness Month is also an ideal time for people to have their heart health checked. Contact your health provider or try the Love your heart online check.

You can use My Heart Check to get an idea of your heart age compared to your actual age. It also estimates your risk of having a heart attack or stroke and shares tips on how to reduce the risk.

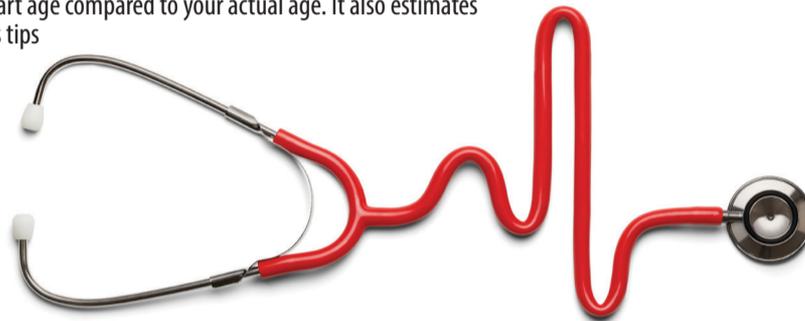
You will need to provide information such as:

- your age
- your height and weight
- your cholesterol levels (lipid profile)
- your blood pressure
- your medical history.

If you're not sure about some of this information, you can leave it out, as the tool can base your results on an estimate.

My Heart Check works best for people aged 30-75. You can still use it if you're older or younger, but your result may be less accurate if you've had a heart attack, stroke, or have a heart condition this tool isn't appropriate for you. Please talk to your doctor for advice on how to manage your condition.

The appeal week is also a great time to remind your people to take care of their heart health.



Love your heart



Get a check at myheartcheck.org.nz

TAKE ADVANTAGE OF SUMMER STAND UP AND MOVE MORE!

Workplaces may be interested in a staff challenge... here are a couple to get started:

- Aotearoa Bike Challenge: wellplace.nz/event-calendar/aotearoa-bike-challenge/
- Not into biking? Sign up for Walk2Work Day, which is happening next month on 14 March. wellplace.nz/event-calendar/walk2work-day/

HOW LONG SINCE YOU LAST STOOD UP?



SIT LESS, STAND MORE, FEEL GOOD

FEELING STRESSED?



LOST YOUR
THOUGHT?

TAKE A
WALKING
BREAK

SIT LESS, MOVE MORE, FEEL GOOD

WANT AN EASY WAY TO MAKE YOUR LUNCH HEALTHY?



STAND OR WALK IN YOUR LUNCH BREAK

SIT LESS, MOVE MORE, FEEL GOOD

HOW MUCH SUGAR ARE YOU DRINKING? REMEMBER: WATER IS THE BEST CHOICE!

HOW MUCH SUGAR ARE ADULTS DRINKING?



iced coffee 13 teaspoons of sugar

soft drink 16 teaspoons of sugar

iced tea 7 teaspoons of sugar



fruit juice 10 teaspoons of sugar

smoothie 9 teaspoons of sugar

sparkling fruit drink 13 teaspoons of sugar



sports drink 15 teaspoons of sugar

energy drink 15 teaspoons of sugar

flavoured water 5 teaspoons of sugar

water is the best choice
other low or no sugar options:



tap water
0 teaspoons of sugar



Low or reduced fat
unflavoured milk



Tea



Coffee

Water is the best choice any time, any place, any activity



We don't need sports or energy drinks to fuel a busy day



Water is the best choice.



New Zealand Dental Assoc.



hpo health promotion agency
TE HIRANGA MAIORA



New Zealand Dental Assoc.



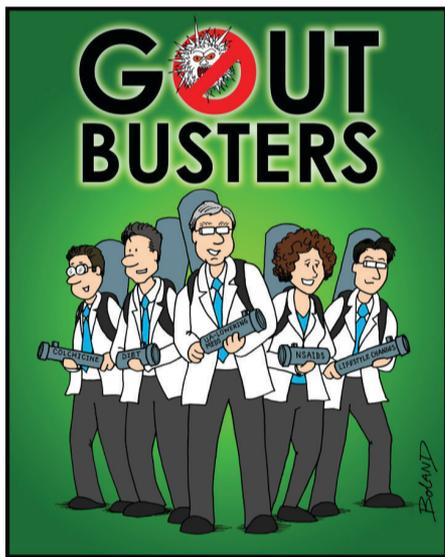
Water is the best choice.



hpo health promotion agency
TE HIRANGA MAIORA

KIA MATAARA - STAY VIGILANT: GOLDEN RULES FOR EVERYONE AT ALERT LEVEL 1

1. Wash and dry your hands regularly.
2. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
3. If you're sick, stay home. Don't go to work or school. Don't socialise.
4. If you have cold or flu symptoms call your doctor or Healthline and get tested.
5. If you are told by health authorities to self-isolate you must do so immediately.
6. If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ Covid Tracer app as a handy way of doing this and turn Bluetooth on.
8. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
9. People will have had different experiences over the last several months. Whatever you're feeling - it's okay. Be kind to others. Be kind to yourself.



WHO YOU GONNA CALL WHEN YOU HAVE GOUT?

GOUT STOP Whanganui - talk to your local pharmacist, GP or nurse to find out more... they're ready to help you get your gout under control NOW!

Or you can call free **0800 GOUT STOP** for some friendly advice and support.



LOOK AFTER YOURSELF GETTING BACK TO WORK

It can be easy to forget to look after ourselves as we leave our summer break behind and get back into work. Incorporate wellbeing activities every day. Here are some ways to help...

The Five Ways to Wellbeing, *Ētahi ara e rima ki te ngākau ora*, help people stay mentally well. Remember, you can text or call 1737 anytime for free counselling support.

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING
EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

GIVE
YOUR TIME, YOUR WORDS, YOUR PRESENCE

BE ACTIVE
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

5 WAYS TO WELLBEING
Connect. Give. Take notice. Keep learning. Be active.
Mental Health Foundation of New Zealand

HOW ARE YOU REALLY FEELING?

TEXT OR CALL
1737
Free support any time

BE A **GUARDIAN OF THE FUTURE**

Aged 15-30? Get immunised against measles to protect your whānau, community and future generations from harm.
It's free at GPs and participating pharmacies.

PROTECT AGAINST MEASLES
org.nz

immunise | MINISTRY OF HEALTH | hoo te hiringa hauora

ARE YOU UP TO DATE WITH YOUR SMEAR?

Being up to date with your smear is a great way to start 2021.

He Huarahi whakamaru mō te wharetangata, mō te iwi
A way of protection for the womb, and for the future of all

You might be a little whakama about having your smear and that's ok ... talk to your nurse so she knows how you are feeling ... take a friend along if that helps you be more comfortable ... lots of women like you, have their smear done every day ... here's what some of them have said.

"Highly recommend, easy painless and safe. Great to have for your moko's future and yours."

"Do it because it could save your life."

"Get it done, better to be sure than to dream up all kinds of monsters."

Book in today at your general practice.