

Healthy hearts

The four elements
of heart health
at work



Wellbeing

Heart issues can be stressful.

They can cause:

- Stress
- Anxiety
- Depression

All of these can make it difficult to function at work. It is important to seek support from your manager if your illness is affecting your wellbeing.



Training

Anybody can suffer cardiac arrest at any time.

- Does your workplace have a defibrillator?
- Have employees been trained in how to use it?
- Are there trained first aiders in the building?

All of these factors can save a life.



Nutrition

Cut down on snacks that are high in..

- Saturated fat
- Sugar
- Salt

Swaps:

- Fresh fruit
- Vegetable sticks
- Nuts
- Wholegrain crackers

Keep as active as possible when you're at work.

Tips...

- Take a walk or a stretch every hour
- Use a sit-stand desk
- Park further from the office and walk
- Cycle to work
- 'Walk and talk' meetings to let ideas flow



Fitness

We can help

At Posturite we can provide all the tools you need to protect your employees.

Call 0345 345 0010 or visit
Posturite.co.uk for more information.