

Healthy hearts!

The four elements of heart health at work



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 at lunch
- 'Walk and talk' meetings to let ideas flow



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.



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.

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.