

HEALTH / PHYSICAL ACTIVITY / NUTRITION

Coronary Heart Disease

*Physical Activity and Dietary considerations
with regards to CHD*

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Coronary Heart Disease

Information and advice on CHD with regards to
Physical Activity and Dietary guidelines

- ◆ Coronary Heart Disease is a disease of the Coronary arteries
(these are the blood vessels that supply the heart with blood and therefore, oxygen).
- ◆ CHD risk is increased by:
Smoking | Inactivity | High BP | Diabetes
Excess alcohol intake |
High none-HDL (cholesterol)
Psychosocial factors such as:
Stress | Obesity
- ◆ These however, are risk factors that we can address, and here are some simple guidelines to help decrease this risk, and to help get you started.



Coronary Heart Disease

Information and advice on CHD with regards to Physical Activity and Dietary guidelines

- ◆ Current Exercise Guidelines for people with Coronary Heart Disease (CHD) are:
at least 150 minutes of Moderate Aerobic Physical Activity (30 minutes - 5 days per week for example) or
75 minutes per week of Vigorous Aerobic Activity (15 minutes - 5 days per week for example) or even a combination of both.
- ◆ Activities like walking/ cycling & swimming, are all examples of what you can do to increase your Aerobic Physical Activity and help to decrease your CHD risk.
Muscle Strengthening Exercises can be also performed on at least 2 days per week using your bodyweight/ resistance bands or even household items such as cans or bottles.



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Information and advice on CHD with regards to Physical Activity and Dietary guidelines

- ◆ Try to lower your intake of sugar/ saturated fat/ foods like pasties & pies; cakes & biscuits; pastries; processed and fatty cuts of meat & chocolate.
- ◆ Consume an array of Vegetables and Fruits throughout your day and try to consume Omega 3 Rich Foods such as Salmon/ Chia & Wallnuts for example, 2-3 x per week. Consider increasing your intake of high fibre foods like oats, lentils, beans and chickpeas.
- ◆ Try to keep your salt consumption to <6g per day and limit your alcohol intake to <21 units per week for men and <14 units per week for women.



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References:



BACPR

NHS Guidelines

World Health Organisation (WHO)