

# HAVE YOU PRIORITISED YOUR HEART HEALTH IN 2024?



**E**xercise is one of the most effective ways to avoid heart disease, second only to not smoking



**A**s we reach February, the month of love, your heart should be the centre of your affections, here's how:



**R**educe the risks by increasing your physical activity, however you choose to move



**T**ake time out to do the things that bring you joy and minimise stress



**H**ealthy and nutritious food choices are vital for your heart health



**E**xercise with family or friends; you won't just be lifting weights, you'll be lifting spirits!



**A**ctively seek information to better understand the known risk factors



**L**iving a balanced lifestyle will play a key part in your heart and overall health



**T**here are so many ways to get moving with Fitness Passport



**H**APPY NEW HEART HEALTH YEAR!



By making your heart work a little harder, you can cut your risk of heart disease by a third\*. A Fitness Passport membership will help you keep your heart healthy. Find out more at [fitnesspassport.com.au/info/](https://fitnesspassport.com.au/info/)

