

Protect your heart

Although there are factors you have no influence over, such as age, gender, and heredity, you can have a positive effect on the following risk factors by making adjustments to your everyday life, most of them minor:

Risk factor	Guidelines (ideal)	What can you do?
Increased blood sugar level (diabetes)	Blood sugar < 5.6 mmol/l	Measure blood sugar levels (starting at age 45 at the latest), eat a balanced diet, take regular exercise
Increased blood lipid levels (cholesterol)	LDL level < 4.1 mmol/l Total cholesterol < 6.5 mmol/l Triglycerides < 2.3 mmol/l	Measure blood lipid levels (starting at age 40 at the latest), eat a balanced and varied (low-fat, low-sugar) diet, take regular exercise
High blood pressure	Systolic BP < 140 mmHg Diastolic BP < 90 mmHg	Measure blood pressure (from age 18 onwards), eat a balanced and low-salt diet, be aware of stress and manage it
Overweight	BMI: 19 to 25 Waist measurement: Men ≤ 102 cm, Women ≤ 88 cm	Balanced diet, regular exercise
Lack of exercise	2 1/2 hours medium intensity or 1 1/4 hours high intensity per week (recommended exercise)	Regular exercise and sport
Smoking	One cigarette is one too many	Stop smoking (" SmokeFree ", App offers Lungenliga)
Stress	Stress puts you under strain and has an adverse effect (typical indicators include disturbed sleep, circulatory problems, tension, and irritability)	Regular breaks, relaxation , avoid stressful situations, familiarise yourself with your own stressors