



# Black Country Health & Well-being Foundation

## Project: Creating Better Chances

### Healthy Body

A lot of factors play a role in staying healthy. In turn, good health can decrease your risk of developing certain conditions. Conditions such as heart disease, stroke, some cancers, and injuries. Below are some of the things that you can do to look after your heart.

#### **Smoking**

Smoking is one of the main causes that lead to heart attacks, strokes, and peripheral vascular diseases. Smoking also damages the heart and blood circulation, resulting in an increased risk of developing conditions such as coronary heart disease. The main symptoms of coronary heart disease include, chest pains, feeling sick and shortness of breath. Because of this, doctors and scientist around the world strongly encourage people to quit smoking.

Another way of staying healthy is by keeping fit/active. Performing regular exercises daily can immensely help to reduce the risk of developing heart disease. It is recommended to perform at least 3 hours of moderate exercise every week to keep the heart pumping and healthy, which could include cycling or fast walking 30 mins 5 days a week.



Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to raise awareness about Health & Well-Being. Thanks to the Government for making this possible.

## Weight Management

With fast food trends on the rise, it has become exceedingly difficult to stick to a healthy and balanced diet. However, too much fast food can increase the risk of obesity, which in turn can increase the risk of heart disease. It is therefore recommended to stick to a healthy, balanced diet of low fat and low sugar foods, with a combination of fruit and vegetables along with ample physical exercise. To find out more information and to see if your weight is classed as health, please click on the following link

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>



For volunteering and sports activities participation, please visit our website or get in touch by sending us an email: opportunities please contact:

[www.blackcountryhwhf.org.uk](http://www.blackcountryhwhf.org.uk)

[info@blackcountryhwhf.org.uk](mailto:info@blackcountryhwhf.org.uk)

سید رنگد کرم پراہ تو جائے یک یتہ رجمان یک معلومات کہ ہو چاہتے آپ اگر 07734 952908

If you want Information translated or explained please ring 07734 952908



HM Government

In partnership with

THE NATIONAL LOTTERY  
COMMUNITY FUND