

Initiate Healthy Heart Changes to control Hypertension



Manage Stress



Live Smoke Free



Sleep Well



Maintain Healthy Weight



Heart Healthy Diet



Exercise for Healthy Heart



A Patient support initiative from the makers of

Emb β etaXR
Metoprolol Succinate 12.5/25/50/75/100mg
Extended Release Tablets

Emb β eta-TM 25 50
Metoprolol Succinate Extended Release 25/50mg & Telmisartan 40mg Tablets

VECTOR
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MANAGE STRESS

Slow down

Plan important things to avoid last moment rush.

Sleep more

Sleep 7 to 9 Hours . To fight insomnia, add mindfulness and activity.

Worry Less

Give yourself a break and just breathe.

Laugh More

Laughter makes us feel good. Laugh out loud, even when you're alone.

Stay connected

Make friends and keep in touch with family

Get organized

Use "to do" lists to help you focus on your most important tasks

Practice giving back

Help friends, peers or join community work.

Be active every day

Exercise can relieve mental and physical tension.

Give up bad habits

Too much alcohol, tobacco, or caffeine can increase blood pressure.





LIVE SMOKE FREE



Plan To Quit

1. Set Quit Date
2. Get Support from family, Friends and Colleagues
3. Wait for 10-15 minutes after a meal before smoking. Increase time by 5 min so that by quit day you don't smoke until 30 minutes.
4. Identify Substitutes for your cigarettes

Tips to Avoid Smoking Urges

1. Avoid Alcohol for first few weeks after quitting, switch to tea or coffee
2. Stay Away from smokers for at least 10 Days after Quit Date
3. When alone or bore do a crossword puzzle or a Sudoku
4. Get active with walking and regular exercise

SLEEP WELL



1. Reduce Long Daytime Sleep

Long Day Time Sleep can make you toss and turn in bed for hours at night until you fall asleep, thereby disturbing sleep schedule

2. Skip the Caffeine

To avoid sleep disruption, restrict your caffeine consumption to the morning hours. In afternoon stick to a 2:00 p.m. cut-off time

3. Quit Drinking After Dinner

Drinking alcohol within four to six hours before bedtime can keep you from reaching important stages of sleep.

4. Get Moving

In order to improve your sleep through exercise, schedule morning workouts

5. Dim the Lights at Night

Step away from screens in the evening, whether this means your TV, phone, or computer. Once

you are ready for bed, use an eye mask for sleep or blackout shades at night to block out unwanted light

6. Keep Cool

If your bedroom is too warm, it may interfere with your body's need to cool down. A great way to keep cool (or warm) while remaining comfortable at night is with a breathable, weighted blanket.

7. Relax with a ritual

Help your body relax by unwinding before bed with a hot bath and creating a ritual like reading or listening to calming music before bed.

8. Avoid lying awake

If you can't fall asleep, don't lay there tossing and turning. Instead, get up and relax, such as reading a book or performing a few light stretches until you feel ready to sleep again.



Maintain Healthy Weight and Eat Right

Choose Balanced Diet

Go for whole grains, Lean proteins, fruits & vegetables and healthy sources of fat

Follow Portion Control

Opt for moderate serving sizes to avoid unnecessary weight gain.

Read the Label Correctly

Identify food items that are high in sodium/sugar/ fat content so that you can opt for healthier alternatives instead.

Avoid Highly Processed Foods

Most processed foods tend to be less nutritious as they contain high amounts of salt/sugar/fat

Reduce Salt Intake Gradually

Try some lower sodium alternatives or food items seasoned with herbs & spices for better flavour instead. Over time reduce overall dependence on salts.

Keep Yourself Hydrated Always

Stay hydrated through regular water intake

Adopt Long-Term Healthy Lifestyle Change

Follow Consistent dietary habits that focus on balanced meals with moderate portions sizes

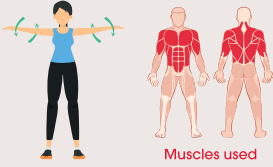


EXERCISE FOR HEALTHY HEART

WARM-UP YOU SHOULD FEEL YOUR HEART RATE INCREASING AND WARMED UP BEFORE CONTINUING

ARM CIRCLES

Stand with feet slightly apart and arms straight out to the sides. Swing arms in circular motions.



Muscles used

Do 30 circles

NEXT LEVEL: Try small fast circles OR big fast circles OR flipping arms up & down.

RUNNING ON THE SPOT

Run on the spot as fast as you can till you feel warmed up or an increase heart rate.



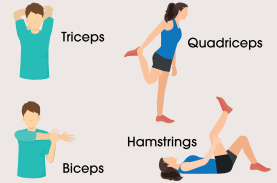
Muscles used

Count slowly for 30 60 seconds

NEXT LEVEL: Try running on the spot with high knees OR kick your bottom with your feet.

STRETCHES

Hold and count to 30 seconds once on each side.

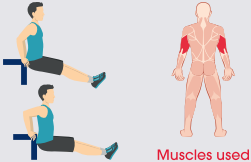


NEXT LEVEL: Hold each stretch for 30 seconds to allow for stretch to be effective.

ARMS

TRICEP DIPS

Face away from your bed, place hands behind you onto the bed. Place your legs out straight, push up straightening your arms and lower back down.



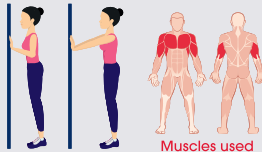
Muscles used

Do 2 lots of 10 times

NEXT LEVEL: Try same exercise but lift one leg off the ground.

WALL PUSH-UPS

Stand slightly back facing wall, place both hands on wall at shoulder level. Push into wall in push up position and return to starting position.



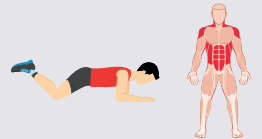
Muscles used

Do 2 lots of 10 times

NEXT LEVEL: Half push up on floor. Start in push-up positions on your knees. Press down into ground, bending your elbows.

HALF PLANK

Start in plank position on ground with elbow and knees touching the ground. Hold this position.



Muscles used

Count slowly for 60 seconds

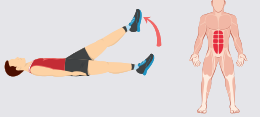
NEXT LEVEL: Start in plank position with elbows and feet on the ground. Hold this position.

CORE

FLUTTER KICKS

Lie on your back with legs out straight, do small kicks up and down.

*Place your hands under your back if you have back problems.



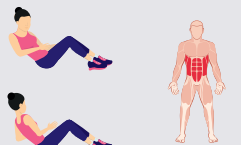
Muscles used

Do 2 lots of 40 kicks

NEXT LEVEL: Try kicking faster OR doing bigger kicks.

RUSSIAN TWISTS

Start in sitting with knees bent and feet flat on the ground. Twist arms from side to side bringing your trunk around.



Muscles used

Do 2 lots of 10 times

NEXT LEVEL: Try the same exercise with feet off the floor.

CRUNCHES

Lie on back with knees bent, place hands on the front of your legs, slide hand up leg and crunch stomach (This should be a small movement)



Muscles used

Do 2 lots of 20 times

NEXT LEVEL: Complete the same exercise, however, place your legs vertically up to the sky.