



Heart Health

Prevention over cure

There is a greater awareness of the risk factors for heart disease such as smoking, lack of exercise and an unhealthy diet. Obesity and diabetes however are 2 major risk factors for heart disease that are on the rise.



Improving our diets, avoiding excess alcohol, and stopping smoking can reduce our risks of having a heart attack and ensure that they are less life threatening if they do strike.

Eating for **heart health** is the current focus in our Workplace Wellness programme. Access practical information and resources at

healthoutfit.co.uk/harbour-energy.