

HEART HEALTH AND HECTIC SCHEDULES

INTRODUCTION:

Maintaining a healthy lifestyle can be challenging for anyone, but for those with busy and hectic schedules, it can be especially difficult. Despite these challenges, it is still important to prioritize heart health and make time for self-care.

In this session, we will explore strategies for maintaining heart health in the face of busy schedules, including the importance of a healthy diet, physical activity, and stress management.

Topics to be covered:

1. Introduction to heart health and hectic schedules: We will provide an overview of the factors that impact heart health, including diet, physical activity, and stress management. We will also discuss the challenges of maintaining a healthy lifestyle when schedules are busy and hectic.

2. The importance of a healthy diet: We will discuss the role of a healthy diet in maintaining heart health, including the importance of incorporating a range of nutrients, including fruits, vegetables, and healthy fats. We will also explore strategies for making healthy eating choices when time is limited.

3. The role of physical activity: We will discuss the importance of physical activity in maintaining heart health, including the benefits of different types of exercise and the importance of finding activities that are enjoyable and sustainable. We will also explore strategies for fitting physical activity into busy schedules.

4. Stress management: We will discuss the role of stress management in maintaining heart health, including the importance of finding healthy ways to cope with stress and the benefits of practices such as meditation and yoga. We will also explore strategies for managing stress when schedules are busy.

5. Practical exercises: We will provide a range of practical exercises to demonstrate how to prioritize heart health in the face of busy schedules. These exercises may include meal planning, recipe creation, and stress management techniques.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual



Conclusion:

By the end of this training, attendees will have a comprehensive understanding of the factors that impact heart health and how to prioritize heart health in the face of busy schedules.

Attendees will have had the opportunity to apply these principles through practical exercises, giving them the skills and knowledge to make informed and supportive choices for maintaining heart health in their daily life.

Overall, this session will equip participants with the knowledge and skills to effectively support heart health in the face of busy schedules, and to make a positive impact on your overall health and well-being.