

Week

1

Week

2

The active way to a
healthy heart



Week

3

KEEP FIT

FEEL GOOD

Moving away from high blood pressure

Week 3: Exercise your way to a healthy heart



IN YOUR WEEK 3 PROGRAMME YOU WILL:

FIND

Your heart fitness
personality

TRY

Fun ways to get your
body moving and keep
your heart healthy

SPOT

If you're getting enough
exercise for a happy
heart

KEEP

A fitness diary to track
how great you feel

<https://www.greateasternlife.com/my/en>

**LIVE
GREAT**
PROGRAMME



WELLNESS TOOLS



HEALTH TIPS



MOBILE APPS




WORKSHOPS & EVENTS



EXCLUSIVE PRIVILEGES

Keeping the pressure off – how to keep your heart fit

WEEK 1	WEEK 2	WEEK 3
Understanding high blood pressure	Eat your way to a healthy heart	 The active way to a healthy heart

Exercise your way to a healthy heart – Week 3

In the last week of your three-week journey to a happy heart, discover how exercising makes you feel better overall and is a great way for you to manage your blood pressure.

The hardest part of a fitness regime is always beginning. Once you've started and incorporated some physical activity in your daily lifestyle, you could begin to notice the small positive changes in your body in as little as a week. Exercise not only gives you a healthier glow and toned physique, but it also releases endorphins, the natural hormone that ignites happiness.

In the last two weeks you will have already identified what causes high blood pressure and the small changes you need to make to help keep it regulated. We hope you've also enjoyed our delicious tips for healthy snacks and meals that will make your heart even happier.

Now that you're feeling good on the inside and your healthier diet has given you more energy it's time to look at ways of adding more movement into your day.

As you begin to schedule regular workouts into your routine and take full responsibility for your food intake, the closer you are to living great!

FAST FACT



While you're asleep, your blood pressure is usually lower, then it begins to go up a few hours before you wake up. It continues to increase during the day, and will usually be at its highest in the middle of the afternoon.

Find **your fitness personality**

Before you downloaded this programme, you completed a short questionnaire to find out the way you exercise, so that you can tailor your lifestyle to keeping your blood pressure on the down low. If you haven't taken it yet, click [here](#) to do it now.



To refresh, here are the exercise personality types:

The Couch Potato

You're a busy person and when you have any spare time you like to do something you enjoy. It sounds like your hobbies don't include exercising or you're too tired to break a sweat. Beat the fatigue by focusing on the end results. Exercise need not be at a gym or take up hours of your day. Walking to work or taking the steps instead of the lift all count as exercise too – and could get your heart pumping just as much as it needs.

The Weekend Warrior

You'd probably quite like to be more active, but can't find that spare hour in the day to sneak in a workout. Make the conscious decision to get up earlier for a run, find a gym near work for a lunchtime workout, or meet some friends after hours for a friendly tennis match. Finding small pockets of time within the work week may be tricky but even 15 minutes is better than none. Your heart will thank you!

The Jack Of All Trades

You dabble in different sports and enjoy the variety but seem to struggle to find the one that you'd like to focus on. It's proven that sticking to anything consistently gets you the results. So do take steps to dedicate time to something you'd like to do regularly. Challenge yourself by increasing the complexity so that you don't get bored quickly. Constant work is the key to strengthening your heart!

Try fun ways to get your body moving

Instead of filling your head with dread at the thought of exercise, get creative and make physical activity fun! Change your perspective and become a better version of yourself!



Titbits for the Couch Potato

Many of us prefer not to have to be a slave to exercise, but every little helps. Instead of thinking about all the reasons for not moving, just focus on being active for at least 20 minutes a day. To reach your goals try:

- **Proper planning.** Allocate sufficient time between the places you need to get to so that you can walk short distances at your own pace, instead of taking public transport. This will make you healthier – and as a bonus will save you money too.
- **To take the stairs.** Instead of using the lift, take the steps instead. Climbing up stairs not only burns more calories than walking, but it also deepens breath and increases heart rate which helps to improve blood flow in the body. Even if you're on the top floor of your building you can start with one or two flights and build up until you can reach the top!
- **Video content on the go.** Instead of watching TV programmes or movies on the couch, take your tablet out for a stroll in the park. You'll soon have worked up a sweat without realising it!



Words of Encouragement for the Weekend Warrior

You struggle to fit exercise in to a busy working week, but doing a small amount regularly will benefit you more than going all out at the weekend when you're tired. To motivate you to fit in a weekday workout try:

- **Research.** Search for the sport you'd like to take up and check out the web for classes near you. Consider private lessons with a coach to fit your busy schedule – at least to get you started in a good routine!
- **Get others involved.** Roping in friends or colleagues to group exercises decreases the risk of you cancelling at the last minute. Having a small group of people sharing the experience and activity with you is also way more fun and uplifting.
- **Keep up with the times.** Fitness trackers in the form of wristwatches, bracelets or apps on mobile devices have grown in popularity and help you regularly monitor your fitness programme throughout the week. Maximise its benefits by being vigilant about your food intake and the energy spent to keep the heart healthy. For our top picks [click here](#).



Resolutions for the Jack of all Trades

You like to try a bit of everything, but as yet haven't found one sport that has become a burning passion. To discover an exercise that ticks all the right boxes try to:


- **Kick it up a notch.** If you've been taking part in the same sport for years you may be getting bored and in a rut. To improve your skills check out the sports councils and community centres in your area and get feedback on ways to improve your craft.
- **Set milestones.** Having mini goals for your personal performance can keep you challenged and motivated to stick to an activity. Keep working hard to beat your own records! It's always good to measure your performance. To keep track of your performance, try our target heart rate calculator. [Click here](#).
- **Compete.** If you're competitive by nature, enjoy being part of a team, or both, register yourself in matches, bouts or competitions and take part in organised events. You'll be less tempted to pull out if others are counting on you and you'll be more likely to stick to it!

Spot if you're getting enough exercise

Use this handy checklist to make sure you're getting your quota!



Experts say you should be getting 150 minutes of moderate aerobic exercise a week – that's just 20 minutes a day OR 75 minutes of vigorous exercise, which accounts for just over 10 minutes of your day.

These can include: 

- ☐ Walking — every minute walking extends your life by 1.5 to 2 minutes
- ☐ Cycling — an hour cycling would burn between 250 and 700 calories
- ☐ Dancing — concentrating on the steps aids both fitness and mental agility
- ☐ (anything that gets your heart pumping a little faster!)

For some expert advice try our top tips.

Two days a week, swap your aerobic exercise for something that strengthens all the major muscle groups i.e. legs, chest, arms and back:


- ☐ Squats
- ☐ Push ups
- ☐ Bicep curls with weights
- ☐ Pilates




Print this out and use it keep a record of your weekly exercise routine - you'll soon find that a few extra minutes of movement each day will help you feel a whole lot healthier!

Keep a fitness diary

Keep a fitness diary to monitor what you've done, how you felt and how much weight you've lost. Your progress will keep you motivated!

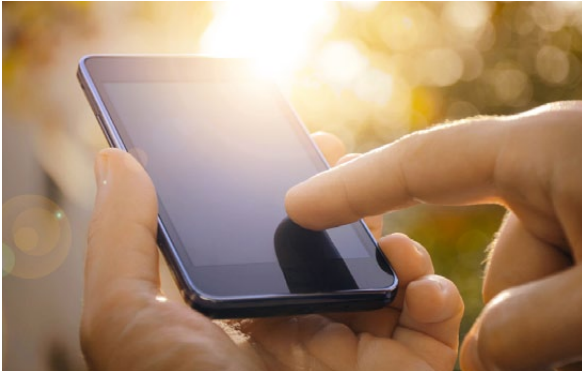
	MY FITNESS CHOICES	HOW I FELT*	HOW I COULD IMPROVE	OVERALL HAPPINESS
EXAMPLE	JUMPED OFF THE BUS ONE STOP EARLIER AND WALKED THE REST OF THE WAY!	I CAN DO THIS EVERY DAY! NO PROBLEM!	GET OFF THE BUS A STOP FURTHER FROM HOME NEXT WEEK	
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



Print this out and use it to keep a record of how you are feeling - the more  you have the happier you will be.

Four great reads to help manage blood pressure

Go to [Live Great Reads](#) for more helpful articles, features and content.



Top 4 Apps to Measure Blood Pressure

High tech help for a healthy heart



Have you a Happy Heart?

Take our fun quiz and all will be revealed



5 Ways to Lower Blood Pressure Naturally

Nature's way to a healthy heart



Top 6 Apps to Boost Workout

Creative ways to make workouts fun



Understanding high blood pressure and managing how you deal with it is a key to a happy heart.

Thank you...

Congratulations on completing our three week programme on how to manage high blood pressure.

By now, you will know which foods will help you maintain your blood pressure, and you will be enjoying the sense of wellbeing that exercise brings.

We've lots of handy hints to help you continue on your healthy journey. For more information on living great, go to <https://www.greateasternlife.com/my/en/personal-insurance/live-great/overview.html>

A healthy heart is a happy heart!



Want more?

Sign up to our monthly Live Great Newsletter now and enjoy FREE health tips, VIP invites to numerous events, and EXCLUSIVE SAVINGS.

<https://www.greateasternlife.com/my/en/personal-insurance/live-great/newsletter-subscription.html>

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REFERENCES

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<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/expert-answers/blood-pressure/faq-20058115>
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Questionnaire endorsed by:

Dr Caroline Low, a general practitioner with over 20 years of experience. Dr Low is also an anti-ageing physician and graduate of the Royal College of Surgeons in Ireland. Her area of professional expertise includes preventive and aesthetic medicine.

Find out more at www.drSJitenandcaroline.com



Great Eastern Life Assurance (Malaysia) Berhad

Menara Great Eastern, 303 Jalan Ampang, 50450 Kuala Lumpur
Company Limited (Reg No. 93745-A)

Any Questions? We are happy to help!

General line: (603) 4259 8888

Customer service care line: 1-300-1-300-88

Email: wecare-my@greateasternlife.com

Website: www.greateasternlife.com/my/en