

Health Check before Kickoff!



As South Africa is positioned to host the **Fifa World Cup 2010**, the **biggest sporting event in the World**, anticipation, excitement, nerves, patriotism and energy are building...can you feel it?!

The Heart and Stroke Foundation South Africa (HSFSA) has **10 important health tips** for all South Africans before the official kickoff:

1. **Don't become a World Cup binge drinker**...it is easy to get caught up in the festivities and drink excessively during this time but consider your health and celebrate in style, not in a stupor! Moderate (or no) drinking is advised for both men and women as excessive drinking increases your risk of high blood pressure, amongst other.
2. **Know your numbers!** It's important to have your blood pressure, glucose and cholesterol checked to ensure that you are healthy and not at risk of cardiovascular disease. Regular health checks can save your life. Rather be safe than sorry.
3. **Chill.** Chronic stress negatively affects your health and may increase your cardiovascular risk. Stress or overexcitement increases your blood pressure and heart rate so take care. Remember, it is just a game that is meant to be enjoyed, not stressed about.
4. **Dress warmly** as this winter is expected to be a chilly one. So cover up and protect yourself from a cold or flu.
5. **Stay hydrated!** During winter, people tend to drink less water however, in the cold weather; your body needs to be even more hydrated, so drink up.
6. **Snack healthily** – fresh fruit and nuts are a good source of energy, and you're going to need all the energy you can get. Registered Dieticians from the HSFSA recommend having 5 portions of fruit and vegetables a day to give you a natural boost.



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7. **Eat three balanced meals every day.** Now is not the time to skip breakfast...stock up on nutritious foods like grains, vegetables and fruit, lean meat, poultry or fish and low fat dairy products. See Heart Mark approved products in store and at various restaurants. Consult www.heartmark.co.za for a detailed list of products endorsed by the HSFSA, their benefits are worth the effort.
8. **Stop smoking!** Note: smoking is not permitted at any of the Fifa soccer stadiums, so now is the best opportunity to quit. Smoking is the leading cause of premature preventable death and is one of the main risk factors for stroke and heart disease. Smoking exhausts your body and makes you short of breath a lot quicker...so you may stop cheering midway...quit today, you can do it!
9. **Daily exercise** lowers your risk of heart disease and stroke and reduces stress! Get physically active...don't just be a couch supporter, but get up, jump, run or leap...do a victory dance (perhaps the diskidance?) before the final whistle blows and see the positive effects on your overall wellbeing.
10. **Smile**...its contagious☺ with a projected **373 000 tourists** expected to visit South Africa during the World Cup, let's represent our country in the best possible way by being true Ambassadors i.e. friendly and helpful to all. The health benefits of smiling: relieves stress; boosts your immune system; lowers your blood pressure; releases endorphins, natural pain killers and serotonin, makes you look more attractive and helps you stay positive minded. With so many great reasons...one can't help but smile.

While we're cheering for our favorite teams, let's fight against cardiovascular disease by taking heed of the above tips and adopt a healthier lifestyle today! Don't skip a beat...and don't miss a goal.

Laduuuuma! Let the games begin...

For more **free heart smart advice** before, during and after the World Cup, contact one of our Registered Dieticians from Monday to Friday during office hours @ **0860 223 222** or visit www.heartfoundation.co.za

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The Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa is a community-based organisation established to reduce the incidence of heart disease and stroke in the population of South Africa by providing education and supporting research. For further information visit www.heartfoundation.co.za