



British Heart
Foundation

10 MINUTES TO CHANGE YOUR LIFE

Time to get moving



**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

Being active helps keep your heart healthy.

If you're active every day you'll be less likely to develop coronary heart disease.

You're in control – by taking ten minutes a few times a day to get active, you could change your life.

Why should I worry about coronary heart disease?

Your heart is a muscle that needs **oxygen** from your blood to work properly.

Coronary heart disease is when the tubes that supply your heart muscle with blood (your **coronary arteries**) get clogged up.

If the tubes get narrower, less oxygen will get to your heart and you might get chest pain or **angina**.

If a tube gets blocked and the blood can't get to part of your heart, you'll have a **heart attack**.

Why should I be active?

Being active helps lower your risk of **coronary heart disease** because it:

- exercises your heart, helping to keep it strong
- helps lower your **cholesterol** – a fatty substance in your blood which can cause your arteries to clog up
- helps lower your **blood pressure**, which means your arteries are less likely to clog up.

It can also help you feel more relaxed, have more energy and give you a sense of achievement.

In this booklet we make suggestions for generally healthy adults. If you have any health issues please talk to your doctor before you start any new activities.



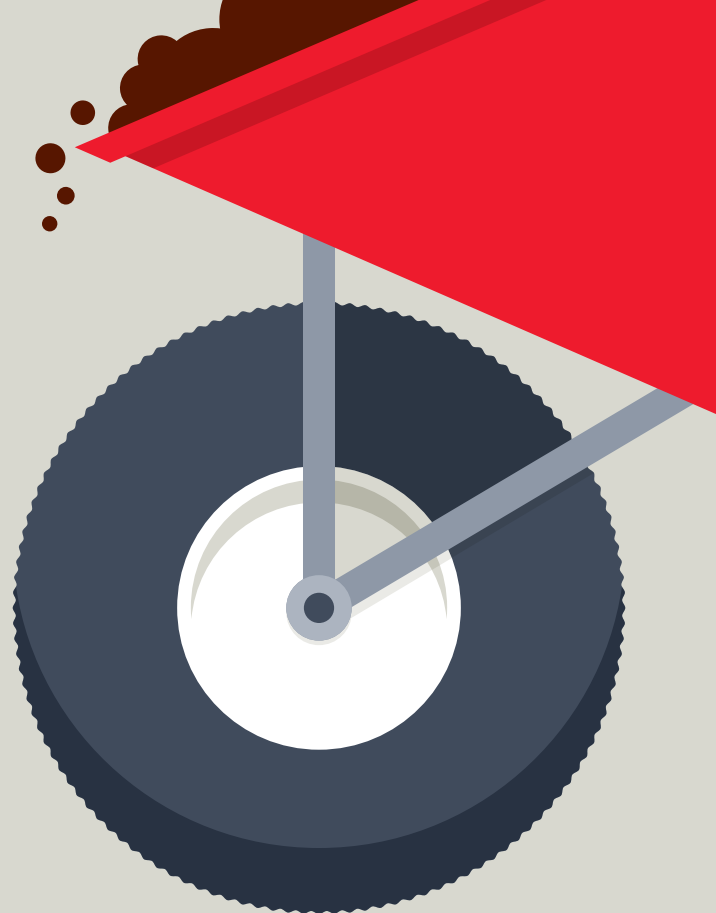
Time to get going

Being active doesn't always have to mean jogging or aerobics – gentle, everyday activities like walking, gardening and climbing stairs are great ways to get started.

What can I do?

- Make small changes like walking rather than driving, and taking the stairs instead of the lift or escalator.
- Take a walk every day – to work, to the shop, or to see a friend.
- Set a date and take your kids, grandkids, pets or friends to the park.

Remember – every ten minutes counts.



Time to push it

The type of activity that helps your heart most will make you feel warmer, breathe harder and make your heart beat faster than usual.

What can I do?

- Set aside some time in your week for activities like brisk walking, jogging, cycling, swimming, exercise classes or team sports like football or netball.
- Aim to work up to at least 150 minutes of this type of activity a week. You can spread this out over the week however you like.

Remember – every ten minutes counts.



Time to take control of your weight

Being overweight means your heart has to work harder. Keeping to a healthy weight can cut down the strain on your heart and help protect you against **high blood pressure** and lower your **cholesterol**, helping to keep your heart healthy.

Measuring your waist is a good starting point to find out if you're overweight. Women should have a waist size of below 80cm (32 inches) and men should aim for a measurement of less than 94cm (37 inches).

For people from a South Asian background, who are at higher risk, this is 80cm (32 inches) for women and 90cm (35 inches) for men.

Even if you don't lose weight from getting active, it will still be good for your heart.

What can I do?

Get active and eat a balanced diet that's full of fruit and vegetables. For more information about eating well, go to [bhf.org.uk/ten](https://www.bhf.org.uk/ten)



Vivinne's success story

"After my second baby my weight started to go up. I used to be slim and sporty, but the weight crept on and stayed on.

I started to eat more, and move less. At my heaviest I was 19 stone. It's not easy looking at the cold, hard truth of that.

But I started to make changes. I heard about a new aerobics class. And I thought 'I'm going to do this.' It's just been a breath of fresh air. I feel I'm back in my twenties, dancing to music I love.

The light bulb moment for me was that I wanted to be fit and active for my children. I didn't want to be a couch potato mum."

Find out more about how Vivinne changed her life at [bhf.org.uk/ten](https://www.bhf.org.uk/ten)



Next steps

If you'd like to find out more about being active, download and print an A4 activity tracker, or order the other booklets in this series, go online to [bhf.org.uk/ten](https://www.bhf.org.uk/ten)

To speak to someone about anything heart-related, call our Heart Helpline on 0300 330 3311. Phone lines are open 9am to 5pm Monday to Friday at a similar cost to 01 or 02 numbers.

Join us in the fight for every heartbeat

For 50 years the British Heart Foundation has been funding life-saving heart research.

From babies with heart problems to the mums, dads and grandparents who survive a heart attack, so many people need our help.

But we need your support to continue the fight against heart disease. Visit [bhf.org.uk](https://www.bhf.org.uk) to make a donation or find out more.



**10 MINUTES TO
CHANGE YOUR LIFE**
Your change challenge



British Heart
Foundation

Coronary heart disease is the UK's single biggest killer.

For over 50 years we've pioneered research that's transformed the lives of people living with heart and circulatory conditions. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But so many people still need our help.

From babies born with life-threatening heart problems to the many Mums, Dads and Grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

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**10 MINUTES TO
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Your challenge



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Time to get moving

Your 10 minute challenge

Take a few minutes every day for a week to write down when you're active – remember every ten minutes of activity counts.

You're in control – by taking the time to make small changes to your lifestyle, you can help keep your heart healthy – and change your life.

Day	Type of activity	Time spent in minutes
1		
2		
3		
4		
5		
6		
7		

At the end of the week, look back over what you did and answer these questions.

Were you active every day?

Yes

No

What do you need to do to work up to at least 150 minutes a week of activity that makes you feel warmer, breather harder and make your heart beat faster than usual?

Did anything stop you from being active?

Set yourself an activity goal over the next month. Make sure it's measurable and you set yourself a date to complete it by.

Were most of the activities you did gentle or more energetic?

Example: I will take the dog for a walk four times a week in March. I will sign up for football and go every week.

Target date: ____ / ____ / ____