HEART HEALTH

Your heart pumps blood to every cell in your body.

The process of pumping puts pressure on the walls of your arteries — this is your blood pressure.

If your heart is working harder than it should, you could have high blood pressure.

High blood pressure is also known as hypertension.

1 in 3 Australians has high blood pressure

ONE IN THREE CASES OF HYPERTENSION IS LINKED WITH CONSUMING TOO MUCH SALT

Normal blood pressure is around 120/80 MMHG (120 OVER 80)

Globally, raised blood pressure attributes to...

45% of heart disease deaths

51% of stroke deaths

THE HIGHER YOUR BLOOD PRESSURE, THE HIGHER YOUR RISK OF ILLNESS

WHAT YOU CAN DO:

LOSE A FEW  GET MOVING  SLASH SALT  EAT MORE VEGGIES  STUB OUT THE HABIT  LIMIT ALCOHOL  ASK IF YOU SNORE  WATCH THE CAFFEINE  FIND SOME DOWNTIME

1300 56 46 46
rthealthfund.com.au

This infographic was brought to you by the health and wellness team at rt health fund — the health fund for transport and energy industry people.