



# Prevention of Coronary Heart Disease

Prevention of coronary heart disease can be done by some smart ways :

## Regular Medical Chek-Up :

- Health/At risk from non-communicable disease : at least once a year
- Already suffered from non-communicable diseases

## Avoid Smoke of Cigarette :

- Stop smoking
- Do not start smoking
- Implementing non-smoking area

## Do Physical Activity Frequently :

- At least 30 minutes/day, 5 days/week (150 minutes/week)
- Do the exercise at home, on the trip or at work

## Healthy Diet With Balanced Calories :

- Limit consumption of sugar, salt and fat (4 spoons of surgar, 1 spoon of salt, 5 spoons of fat/cooking oil)
- Consume fruits and vegetables 3-5 servings per day

## Have Enough Rest :

- Sleep 7 - 8 hours (at least 6 hours/day)

## Stress Management :

- Keep a balance between time to work, rest, sports/recreation and social
- Do the worship according to religion and belief

