



## Heart healthy resources

### General

- [NHS Health Check: What's your heart age?](#)
- [British Heart Foundation](#)
- [British Heart Foundation: Keep your heart healthy](#)
- [AgeUK: 7 ways to boost your heart health](#)
- [NHS: Cardiovascular disease](#)
- [WHO<sup>1</sup>: Cardiovascular Diseases \(CVDs\)](#)

### Diet

- [British Heart Foundation: Healthy eating](#)
- [British Heart Foundation: Eat your way to a healthy heart](#)
- [HeartUK: Easy ways to eat healthily](#)
- [The Association of UK Dietitians: Heart Health: Food Fact Sheet](#)

### Weight

- [British Heart Foundation: Managing your weight](#)
- [British Heart Foundation: Healthy Eating](#)
- [British Heart Foundation: Heart conditions and alcohol](#)
- [British Health Foundation: Healthy Eating Toolkit](#)
- [British Health Foundation: Healthy eating on a budget](#)

### Exercise

- [British Heart Foundation: Staying Active](#)
- [NHS: Exercise](#)
- [NHS: 10-minute home cardio workout](#)
- [NHS Inform Scotland: Types of Exercise](#)

### Risk factors

- [British Heart Foundation: Understanding Risk Factors](#)
- [British Heart Foundation: Risk Factors](#)
- [NHS Prevention: Heart Attack](#)
- [CDC<sup>2</sup>: Know Your Risk for Heart Disease](#)

<sup>1</sup>[World Health Organisation](#)

<sup>2</sup>[Centres for Disease Control and Prevention](#)

## Books

Available to borrow from the Library

- **Understanding and dealing with heart disease, by Keith Souter (2014)**  
*This book gives the basic information needed to understand coronary artery disease and, most essentially, how to deal with it, including details on: How the heart works, problems caused by coronary heart disease, recovering from a heart attack and dealing with angina or heart failure, lifestyle changes you can make to improve your health.*
- **The heart attack survival guide, by Mark Greener (2012)**  
*This title aims to help people at high risk prevent their first or subsequent heart attack as well as helping those who experience a heart attack get back to a normal life as soon as possible. It shows that by combining drugs and lifestyle changes can help you survive - and prevent - heart attacks.*
- **How to feel better: practical ways to recover well from illness and injury, by Frances Goodhart and Lucy Atkins (2013)**  
*Serious health problems - including heart attack, cancer, stroke or surgery - can take their toll not just on your body, but on your emotions, morale and well-being. Consequently, many of us suffer long after our physical symptoms are under control. In How to Feel Better, the authors offer simple, evidence-based strategies that will help you move on and cope after a serious health problem. Contents include: Why getting better takes time; why relaxation and exercise are both vital; how to build your confidence and tackle low mood and depression; how to eat for recovery; how to deal with medical advice and communicate well with your doctor; how to keep family life and relationships on track and much more*



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<sup>1</sup>[World Health Organisation](#)

<sup>2</sup>[Centres for Disease Control and Prevention](#)