

For more info on how TNJ can help with your heart health, please check out www.AskDrRichardWilliams.com

3-5-7 Healthy Heart Principles

There is an easy way to remember how to adopt a heart-healthy lifestyle. Do it the 3-5-7 way!

Healthy Heart Diet Principles

3 HIGHS
(high in fibre, freshness, plant-based protein)

5 LOWS
(low in fat, cholesterol, salt, sugar, alcohol)

70% FULL

3 Highs

For a diet high in fibre, freshness and plant-based protein, you should consume plenty of fruit, vegetables, soy products, beans and legumes. Besides fibre, especially soluble fibre which helps to lower cholesterol in your body, these colourful goodies also provide a wide range of vitamins, minerals and antioxidants.

5 Lows

You can greatly reduce the fat and cholesterol in your diet by choosing lean meat and skinless poultry cooked in healthy way (steam, poach, grill, stir fry, bake, boil, stew). Go easy on table salt, seasoning and pickles to keep your sodium intake low. If you have sweet tooth, have your sweet or sugar sparingly. Wine may be beneficial for heart health, but only do so in moderation.

70% Full

Do you burp out loud after a meal? Chances are that you may have overeaten. If you think your stomach is 70% full, it is probably just right. Have small frequent meals instead of 3 big meals.

Read more:

[Nutrition tips from our nutritionist](#)

[General information on diet and nutrition](#)

Healthy Heart Exercise Principles

30 minutes a day
5 times a week
(170 - AGE)
beats per minute

Go to the gym or do light exercises as much as you can everyday, e.g. use stairs instead of escalator or lift, and walk to your colleague instead of emailing or making a phone call. You will soon notice that it is not difficult to exercise at least 30 minutes a day. Aim to make this a daily routine or at least 5 times a week. You may estimate your target exercise heart rate as follows:

Exercise Heart Rate = (170 – age) beats per minute

This formula can be used as a guide for beginners. People involved in regular physical activity are recommended to calculate target heart rate following the standard formula provided [here](#).

Target Heart Rate

How To Calculate Your Target Heart Rate?

Many of the standard tests used to measure heart function are based on formulas, that predicts the fastest your heart can beat and still pump blood through your body.

The simple and effective way of monitoring is checking your pulse rate before, during and after exercise. Your heart rate is your body's feedback mechanism, which tells you what is going on in your body. The resting heart rate varies from person to person, but in most individuals it is between 60 - 90 beats per minute.

The best-known method to calculate your target exercise heart rate during exercise is to first determine your maximum heart rate where:

Heart Rate Maximum (HRmax) = (220 – Age) beats per minute

Finding your maximum heart rate will help you set up your target heart rate making your training more efficient. Exercise physiologists and clinicians recommend 70 – 85 % of an individual's maximum heart rate. When you start exercising, try to achieve around a rate of 70% of your maximum heart rate.

Target Heart Rate = 70 – 85% (HRmax) beats per minute

Lets take an example: you are 50 years old, your HRmax would be:

HRmax = (220 – Age) beats per minute

Target Heart Rate = 70% (170) = 119 beats per minute

During an exercise session, heart rate is likely to be both above and below the prescribed intensity. The goal should be to maintain an average heart rate close to the midpoint of the prescribed range.

Find your target heart rate range on the chart below and adjust your workout to stay in the middle of your range during exercise.

Age	HR Maximum	Recommended Target Heart Rate Range
80	140	98-119
70	150	105-128
60	160	112-136
50	170	119-145
40	180	126-153
30	190	133-162
20	200	140-170

Last but not least, don't forget to manage your stress and stay away from cigarette and second-hand smoke!