

# HOW TO LOWER YOUR HEART AGE

There are lots of things you can do to lower your heart age and One You is here to help you with our tools and apps.

	<p><b>Eat Well</b></p> <p>A healthy diet is good for your heart.</p> <p>Our free 'Easy Meals' app is full of lots of healthy and delicious recipes.</p>	
	<p><b>Move More</b></p> <p>Exercise is great for your heart and your mental wellbeing.</p> <p>Our free 'Active 10' app will help kick start a new routine.</p>	
	<p><b>Be Smoke Free</b></p> <p>Quitting smoking is one of the best things you can do for your health. And you don't have to do it alone.</p> <p>Our free 'Smokefree' app will give you daily support and motivation.</p>	
	<p><b>Drink Less</b></p> <p>Cutting back on alcohol can benefit your health. It can boost energy levels and improve your sleep quality.</p> <p>Our free 'Drink-free Days' app will give you support and advice to change your drinking habits.</p>	

For all the support available search **One You**.

BECAUSE THERE'S ONLY  
**ONE YOU**

# IS YOUR HEART OLDER THAN YOU?

It's possible that your heart might be older than your real age.

Search online for our **Heart Age Test** to find out today.



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**ONE YOU**



# KNOW YOUR HEART AGE

Smoking, being overweight, high blood pressure and cholesterol, excessive alcohol and lack of exercise all add up over time and increase your future chances of having a heart attack, stroke or developing certain types of dementia.

Most people know their vital statistics like height, weight and waist size. That's a good start. But do you know your heart age?

To find out how old your heart is compared to your actual age, use our free Heart Age Test today.

Our free online Heart Age Test will quickly reveal your heart age, and how to lower it, as well as ways to reduce your risk of heart attack or stroke.

It's simple to use and usually takes around three minutes, so you can do it on the move. Of course, the more information you provide, the more accurate your results will be.

Search online for our [Heart Age Test](#).

**TRY OUR HEART AGE TEST NOW**

# WHAT'S YOUR BLOOD PRESSURE AND WHY DOES IT MATTER?

Blood pressure is one of the many factors that affect your heart age.

1 in 4 adults in the UK has high blood pressure, which is the leading cause of heart attacks and strokes. Most people have no symptoms of high blood pressure, which is why it is important to get tested.

Your blood pressure is the pressure of the blood in your arteries. You need a certain amount of pressure to keep your blood moving, but if it's too high, you're more at risk of serious health problems such as heart attacks, strokes and certain types of dementia.

Knowing your blood pressure is important, ask your local pharmacy for more information.

