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OF **WALK OFF WEIGHT**

Healthy Heart for Life



INCLUDES
HEALTHY
HEART
CHECK-UP



Lower your blood pressure
and cholesterol in just 6 weeks

Andrew Cate



Healthy Heart for Life



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ABOUT THE BOOK

Has heart disease impacted on your life, or someone close to you? It's the number one cause of premature death in both men and women, yet many of the symptoms and warning signs can go unchecked. Taking good care of your heart health can make a massive difference to your quality of life, and the life of those closest to you. Fortunately, heart disease can be managed, prevented or even reversed, and Healthy Heart for Life shows you how. Healthy heart for life is jam-packed with the latest nutrition and exercise tips, meal suggestions and scientifically proven advice. It's the ultimate guide on how to boost your current and future health, and lower your blood pressure and cholesterol without drugs. The book will show you what foods can help fight heart disease, ways to outsmart the genes that pre-dispose people to high blood pressure and cholesterol, a healthy heart check-up to identify the lifestyle factors impacting on your heart health, and practical tips to help you live longer, lose weight and feel great.

TO ORDER YOUR COPY

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Introduction

Something had to be wrong. I was called in to see the head master in the middle of class. Being a studious 11 year old that had never been sent to the headmaster's office before, it was a nervous walk. I wondered what I could possibly have done that was so bad. My homework was finished and I always completed my assignments on time. Maybe it was a good thing. Maybe I was in line for an award for outstanding service to the under-rated sport of handball? Probably not.

When I arrived at the head master's office, my brother was there too, and we were informed that our parents were about to pick us up out at the front of the school. When I first saw my mother's face, I wished I was in trouble with the headmaster. Something was definitely wrong. My Grandfather had just died of a heart attack at the tender age of 67. It's the first time I can remember feeling totally empty. My life had been all fun, football and tadpoles up till until then. I was desperately sad, and there was nothing anyone could do or say to make me feel better. That feeling is something I'll never forget, and sadly, it's a feeling that was repeated several years later when my other grandfather died of lung cancer.

These experiences and feelings ultimately sent me down the path towards pursuing further studies in health science and human movement. This experience has given me the chance to promote health and wellness as a personal trainer and writer. If this book can help to prevent, reverse or delay heart disease in just one person, it will all be worth it. If this book helps to prevent or delay the suffering of friends and family who know someone with heart disease, it will all be worth it. I owe it to the memory of my grandfathers.

Heart disease has obviously had a significant impact on my life. It's probably had an impact on your life too, whether either directly or indirectly. Heart disease prevents millions of people from living a full life. If you were in any doubt about how serious a problem heart disease is, take a look at these alarming statistics.

- More people than ever are living with heart disease. It's estimated that 1 one in 4 four Australians have high blood pressure - that's over 5 million people.
- Six million Australians are thought to have high blood cholesterol.
- Heart disease is the leading cause of death globally, and more people die annually from heart disease than from any other cause.
- In industrialised countries, around one in two people will die from heart and blood vessel disease. Many of these deaths are preventable.
- Heart disease kills five times more women than breast cancer.
- Every day, 150 Australians die from cardiovascular disease, and it's not just the elderly, with 8000 men and 3000 women under the age of 65 losing their life to heart disease each year.
- Billions of dollars are spent every year on medical devices and drugs to treat heart disease.
- More than 50% per cent of people who die suddenly of a heart attack had no signs or symptoms of heart disease.

Did you read all those statistics? Do you think that it won't happen to you? That's what my grandfather thought as well! Although a heart attack is sudden, it usually results from a process that takes many years to develop. What's more, heart disease is not an inevitable result of ageing – it's largely preventable. Fortunately, it's not all doom and gloom. Yes, I know our time will all be up one day, but it makes a lot of sense to make the journey as long lasting and enjoyable as possible. And that's what this book is really all about. Healthy Heart for Life is designed to show you practical ways that you can modify your lifestyle to live a long and vibrant life. The tips in this book are easy to follow, yet they are based on scientific research, which means they are proven to be effective.

And it's scientific research that helped to design the format of Healthy Heart for Life. You may have noticed the subtitle - "lower your blood pressure and cholesterol in just 6 weeks". In 2005, the Journal of the American Dietetic Association reported on a study where people made a significant difference to their heart health within 6 six weeks. After making some simple lifestyle changes, people experienced significant reductions in body fat, cholesterol levels and blood pressure. Doesn't that sound great? After just six weeks, these people were facing a future with a dramatic reduction in the risk of killer illnesses like heart disease, not to mention diabetes and even cancer. The lifestyle changes that took place in this groundbreaking study are the types of changes I'll guide you through in this book. Obviously, your heart health, and therefore your quality and quantity of life will benefit most from lifestyle changes that are permanent. Make no mistake, this is not a diet or a fad that you can just start and stop. But it's great to know you can also achieve great things in a short space of time.

How to use this book – make one change each day

Healthy Heart is about making a one change each day over six weeks. Over the next six weeks, you'll find a new perspective or lifestyle strategy that you can adopt every single day. You'll see how a series of lifestyle practices will impact on your heart health and longevity. These claims and strategies are based on peer reviewed scientific research, which you'll see in the "Science says" section of each tip. I've summarised over 200 scientific studies in this book, and just whittled, them down to the bare essentials. In other words, there's no scientific jargon or mumbo jumbo - there's just the plain facts that apply to your life now and in the future. Finally, most tips include a series of practical tips that show you what specific changes you can make to your lifestyle that day, and from that day onwards. You only need to make one change a day. But Keep in mind that over the 6 weeks program outlined in this book, those daily changes will snowball and there will be support for you along the way to keep you focused. The improvements in your health will snowball. It's only for 6 weeks, and Healthy Heart for Life will support you along the way. I appreciate you giving me the opportunity to boost your health. Let's enjoy the journey together. Read on, follow my tips, and you can experience how a stronger heart can not only help you live longer, but live better.

Andrew Cate

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More people than ever in Australia are living with heart disease, and the number is on the rise. But there is good news — heart disease can be managed, prevented and even reversed. *Healthy Heart for Life* shows you how.

Designed by health and fitness expert Andrew Cate, this unique six-week program contains achievable exercise tips, meal suggestions and proven advice to help you boost your health and lower your blood pressure and cholesterol without medication.

- ♥ Complete the healthy heart check-up to identify the lifestyle factors impacting on your heart health
- ♥ Discover what foods can help fight heart disease
- ♥ Outsmart the genes that pre-dispose people to high blood pressure and cholesterol
- ♥ Learn strategies to help you live longer, lose weight and feel great



Andrew Cate lost his grandfather to heart disease, and has since dedicated his working life towards helping others maximise their health and fitness. With qualifications in health science and fifteen years as a personal trainer, Andrew has helped thousands of people get their health back on track with advice that achieves real results.



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