

Keep your heart safe and sound with this easy-to-follow Guideline

With this guide, we will help you to adopt a healthier and fitter lifestyle by explaining the science behind heart health and providing an easy-to-follow step-by-step health tracker.

7 common symptoms of heart-related diseases:

1. Racing heartbeat or slow heartbeat
2. Irregular heartbeats that feel rapid, pounding or fluttering
3. Chest pain or chest discomfort
4. Shortness of breath during activity or at rest
5. Pain, numbness, weakness or coldness in the legs or arms
6. Dizziness
7. Swollen legs, ankles or feet

If you experience any of those symptoms, you should see a doctor, but you can also switch to a healthier lifestyle even before you face these issues. Rasha can help you to begin with a healthier lifestyle:

First step: A wholesome diet for a healthier life!

A healthy diet includes a variety of vegetables and fruits.

Tempting foods— out of sight, out of your mind!

Which food I really love, but should avoid now to improve my diet?

E.g. I really love chocolate lava cake, but it has a lot of fat and it is very unhealthy.

Get fit with your own personal workout schedule!

Sweat off your extra pounds and reduce the risk of heart-related diseases!

Aerobic activity:

150 minutes of aerobic activity

Strength training:

2 times a week

Which sport activity I would like to include in my workout schedule?

E.g.: I want to be on the exercise bike for 45 mins twice a week and I will do 30 mins strength training twice a week on alternative days.

Next step: Mental strength!

Our everyday life comes with a huge amount of stress, which can deteriorate our health. Take a stand to strengthen yourself from the inside out and block out all the toxic thoughts.

E.g.: I am calm, strong and healthy. No one can stop me on my health journey!

How can I reduce stress in my daily life?

E.g. I can take 5 minutes every day to meditate and centre myself.

Manage your everyday stress and take care of yourself!

Don't let stress get the best of you!

Reward yourself for every step you do towards a healthier life

A rewarding system will help you stay focused on your goals!

E.g.: For every week I am following a healthy lifestyle, I will reward myself with one treat.

Track your Progress

Sometimes it helps to have a time frame to keep yourself motivated during your health journey. Motivate yourself during tough days by reminding yourself about your goals.

I started my health journey on _____

because _____

Important tips

- Keep battling: Every day you follow your schedule will help you reach your goals.
- Replace unhealthy snacks/drinks and shift towards healthier food and drinks.
- Choose low-fat cooking methods: baking, broiling, steaming, grilling and boiling
- Eat slowly: It takes about 20 minutes for your brain to realize that you are full.
- One last tip: Stress is the most notorious cause of illness- try to reduce it and your body will thank you!

Embrace your femininity with Rasha – a lifestyle platform built exclusively for women. Rasha brings beauty, health, and fitness together and elevates them into the realm of fashionably chic so that you can live your healthiest and most stylish life, all while looking and feeling your best.

For week 1, this is my goal

E.g. I want to switch to a healthier diet and avoid processed food.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Mark the day with ✓ or ✗

For week 2, this is my goal

E.g. I want to start exercising and go to the gym.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Mark the day with ✓ or ✗

For week 3, this is my goal

E.g. I want to cut down 500 calories every day and lose weight.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Mark the day with ✓ or ✗

For week 4, this is my goal

E.g. I want to avoid drinking alcohol and smoking to improve my overall health.

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Mark the day with ✓ or ✗

What can I do to improve?

E.g. I can take Rasha's Heart Love Powder Melts daily.

What do I want to change?

E.g. I want to switch to a healthier diet and cut out fast foods.

What did I like most about my routine?

E.g. I feel more active and fit.
