

# Embrace a Healthy New Year, New You

As the New Year unfolds, it's the perfect time to start your journey towards a healthier, happier you. This 2024, let Qardio join you on your journey to prioritize your well-being by adopting powerful habits.

1



## Fuel Your Body with Nutrient-Rich Choices

Try eating a nourishing diet. Load up on colourful fruits, crisp vegetables, and heart-healthy fats. Positive changes in your diet can significantly improve your overall health.



3

## Prioritize Quality Sleep for a Refreshed You

This year, make sleep a non-negotiable part of your routine. Try to get between 7 and 9 hours a night because a well-rested body and mind contribute to better cardiovascular health.

Here are a few tips:

*Create a calming bedtime ritual.*

*Limit screen time before sleep.*

*Let your body rejuvenate during the night.*



2



## Move Your Body, Ignite Your Health

Incorporate regular physical activity into your routine, whether a brisk walk, a dance class, or a yoga session; find what moves you and stick to it.

Physical activity strengthens your heart and stimulates many brain chemicals that may leave you feeling happier, more relaxed, and less anxious.

4

## Stay Hydrated, Stay Healthy

Hydration is critical to maintaining optimal health. Make it a goal to drink around:

**15.5**  
cups

(3.7 liters)  
of fluids a day  
for men

**11.5**  
cups

(2.7 liters)  
of fluids a day  
for women



Source:  
Mayo Clinic



# Monitor, Analyze, Succeed!

To support you in monitoring your progress, consider incorporating Qardio's innovative products into your wellness routine.

The QardioArm simplifies blood pressure monitoring with its user-friendly design and wireless connectivity, providing an easy way to track cardiovascular health.

The QardioBase X monitors weight and tracks changes in body composition and muscle mass.

Sync these devices with the QardioApp to centralize your health data, set goals, and receive personalized insights!



The New Year symbolizes a fresh start; there's no better time to prioritize your health. Every positive change you make today contributes to a healthier and happier you in the future. Let's step into the New Year with determination, embracing the power of habit to prevent strokes and creating a new you!