

# Heart-healthy *resolutions*

Your guide to a  
healthier heart in 2026

We can all take steps to help reduce our  
risk of heart disease.

Understanding and managing your risk  
factors can make a big difference.

The new year is the perfect time to set  
some new goals to support your heart  
health. Here are some practical tips to  
get started today.



"Hi, I'm Josh. I'm a personal trainer from Queensland. I live with an  
inherited heart condition.

Looking after your heart health is so important. That's something I've  
learned firsthand.

Will you join me in making 2026 a heart-healthy year?"



# The everyday steps you can take for a healthier heart this year



## RESOLUTION 1

Learn about your risk of heart disease

### Book your Heart Health Check

Many people don't realise they could be at risk of heart disease – especially since some risk factors can have no obvious symptoms. A simple, 20-minute Medicare-subsidised Heart Health Check with your GP can help you understand your risk of having a heart attack or stroke in the next five years. Heart Health Checks are recommended for:

- Anyone aged 45+
- First Nations people aged 30+
- People living with diabetes aged 35+

### Talk to your loved ones about family history

Having a family history of heart disease can increase your risk. It's important to start a conversation about heart health with your loved ones – that's exactly how Josh learned about his condition.

"When I first started feeling some symptoms, I mentioned it to my mum. She knew we had some heart issues in the family, so she got me to see a specialist straight away."  
– Josh (pictured right with his mum)



## RESOLUTION 2

Get more movement into your days

### Regular physical activity is one of the best things you can do for your heart

By making your heart work a little harder, you can cut your risk of heart disease by up to one third. Here's how much activity you should aim for:



#### 18 to 64 years

- Be active on most days of the week – preferably five days or more
- Aim for 2.5–5 hours of moderate intensity activity, or 1.25–2.5 hours of vigorous intensity activity each week\*
- Aim to do muscle-strengthening activities at least two days each week
- Perform activity in bouts of at least 10 minutes to get heart and lung health benefits
- Break up long periods of sitting

\* Moderate intensity activity makes your heart beat faster but doesn't make you breathless. Vigorous intensity activities should make you huff and puff.



"I've always been passionate about fitness and love inspiring others to get active. But I know that it's not easy for everyone to get to a gym – and that's totally okay. Even little extra movements throughout your day at home can help – every effort counts."



#### 65 years and older

- Get at least 30 minutes of moderate intensity physical activity on most, preferably all, days of the week
- Incorporate balance and flexibility exercises most days of the week
- Complete specific strength exercises 2–3 days each week
- Break up long periods of sitting
- If you have stopped physical activity, or are new to starting, seek advice from your doctor and gradually start to build up movement

For guidance tailored to your health and physical activity needs, please consult your doctor before starting any new exercise.



## RESOLUTION 3

Follow a heart-healthy eating pattern

### Following a heart-healthy eating pattern can help reduce your risk of heart disease

Focus on making sustainable changes, not strict diets or 'good vs bad' foods.

### Looking for an easy first step?

- Sign up for a heart-healthy dinner plan
- Over four weeks, you'll receive free, delicious recipes, straight to your inbox

**Sign up today at** [www.heartfoundation.org.au/heart-healthy-dinner-plans](http://www.heartfoundation.org.au/heart-healthy-dinner-plans)

"As a personal trainer, good nutrition is key. And my diagnosis really reiterated that for me – eating well is so important for your heart health."

These are some of my favourite heart-healthy recipes that you've got to try."



Taco chicken bowls



Breakfast muffins

# Even small changes each day can make a difference

Try some of these simple tips to move more at home:



Stand or pace while  
on phone calls to  
break up sitting



Put on music and  
dance while cooking  
or cleaning



Walk up and down  
some stairs for a  
quick cardio boost



Go for a short walk  
around your  
neighbourhood



Do seated leg lifts  
or arm circles  
during TV ads



Do some squats  
while brushing your  
teeth



Try a short online workout  
or stretch session in your  
living room



If driving, park a bit  
further away to get  
extra steps in

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