

# Heart disease and stroke

# kills



# 54%

of women still don't realise it is the **biggest** killer

# 30 minutes

of moderate exercise,  
**5 days a week**



can help keep your heart healthy

# Only 1 in 4 women



does this amount of exercise

# 74%



of women would like to be more active

# ...what's holding them back?

# 31%

too embarrassed



# 42%

too busy



# 36%

too expensive



#MatchFitWoman

A HEALTHY HEART  
YOUR GOAL

# Join the #MatchFitWoman Challenge

in the run up to **UEFA Woman's EURO 2017** for your chance to get fit and **win fantastic prizes.**

# Enter now at

[www.facebook.com/worldheartfederation](http://www.facebook.com/worldheartfederation)

