Heart disease and stroke

- 74% of women would like to be more active but what’s holding them back?

- 31% too embarrassed
- 42% too busy
- 36% too expensive

Only 1 in 4 women does this amount of exercise:
- 30 minutes of moderate exercise, 5 days a week can help keep your heart healthy

54% of women still don’t realise it is the biggest killer

74% of women in Europe would like to be more active.

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

Data from a research conducted by Censuswide on behalf of the World Heart Federation amongst 4159 women in UK, France, Germany and Sweden for the A healthy heart your goal project.