

HEALTHY LIVING: SIMPLIFIED.

Simple Living in Sweden: Health Tips

Presented by **PHILIPS**
sense and simplicity



1 Find a Healthy Work/Life Balance
Time away from work and with family has been shown to improve a person's sense of well-being, overall health, and even work productivity.

2 Exercise/Participate in Sports
Participation in competitive sports encourages regular, scheduled physical activity, which helps in managing weight and fitness, prevents heart disease and diabetes, and improves quality of life, among many other benefits.



3 Enjoy the Outdoors
Being outdoors encourages a more active lifestyle and an appreciation of nature, which have been linked to many health benefits, like cardiovascular strength, stress reduction, and overall well-being.

4 Take Annual Vacations
Recent studies link scheduled time off from work to lower stress levels and decreased risk of heart disease. Vacations also help recharge your batteries and make you more productive when you come back to work.



5 If You Have Kids, Spend Time With Them
Schedule time to be with your kids and clear your calendar to do it. This not only benefits the children but has been shown to reduce parental stress as well.

When your children are pushing themselves to the limit on the field and off, you want to ensure they are as heart-healthy as possible.

The future of health technology is prevention. **The Philips Save An Athlete** program uses advanced diagnostic equipment to check the heart-health of high school athletes. This one-of-a-kind project helps keep kids safe by detecting hidden problems and ensures young athletes are fit for purpose and for life.



When your baby's health is in question, you want answers as quickly and as painlessly as possible.

The Philips Ultrasound is the first and only to use a specially designed pediatric probe for real-time 3D images of the heart.

