

## Heart Healthy Resources

### Healthy Eating Resources

- <https://www.heartandstroke.ca/healthy-living/healthy-eating>
- <https://www.unlockfood.ca/en/Articles/Workplace-wellness/5-Habits-to-Make-Your-Workday-Healthier.aspx>
- <https://www.unlockfood.ca/en/Articles/Workplace-wellness/Overcoming-Workplace-Healthy-Eating-Challenges.aspx>

### Healthy hydration

- <https://www.heartandstroke.ca/articles/what-should-i-drink>

### Recipes

- <https://www.heartandstroke.ca/healthy-living/recipes>
- <https://www.unlockfood.ca/en/Recipes.aspx>

### Staying active at work

- <https://www.unlockfood.ca/en/Articles/Physical-Activity/Keep-Active-at-Work.aspx>

### Managing Stress at work

- <https://www.heartandstroke.ca/articles/managing-stress-at-work>

### More information about Smoking and vaping

- <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/lifestyle-risk-factors/smoking-and-tobacco>
- <https://www.heartandstroke.ca/articles/vaping-what-you-need-to-know>

