

A close-up photograph of a vibrant green leaf, likely from a grass or similar plant, covered in numerous clear water droplets. The droplets are of various sizes and are scattered across the surface of the leaf, which shows distinct veins. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

*in* equilibrium

Call us free: 0800 622 6932

In-house training course details

The Healthy Heart

## Overview

This workshop helps people to take preventive action to protect themselves from heart attacks and strokes. It is about Quality of Life and having a Health Span that is nearly as long as your Life Span.

## Background

A recent study led by Dr Tarani Chandola has found that under 50's who suffered chronic stress had a 68% higher risk of heart disease than those who were not stressed at work.

This workshop is led by Dr Mason Brown who is passionate about helping people to harness their own health and use it to have balance in their lives along with a sense of achievement and well-being.

## Purpose of the Course:

This workshop will help you to understand and deal with the top risk factors for Heart Disease:

- Smoking
- Alcohol
- Stress
- High Blood Pressure
- High Cholesterol
- Physical Inactivity
- Obesity
- Diabetes
- Family History of Heart Disease

### Dr David Mason Brown

David is a medical doctor who has been running corporate workshops for over 20 years.

His entertaining and passionate style motivates and enthuses those who attend into taking positive action to improve their health and well-being.

Practical, informative and life-changing are terms commonly used by delegates to describe David's training.

### Course Content

#### Heart disease - The facts

- Summary of heart disease risk factors - major & minor
- Heart disease and strokes: still a major cause of death
- Increasing incidence of heart disease in women
- Blood pressure and heart disease

#### Smoking - The one to stop

- Heart and circulation disease and diabetes
- New techniques for those wanting, but so far unable, to stop

#### Alcohol - Current thinking

- Moderation is good, excess is not
- Updating information on units
- Increased liver damage in professionals

#### Stress - Its impact and how to control it

- Chronic stress can increase heart disease risk by 68%
- The high achiever v the workaholic
- Positive v negative emotions

#### Healthy Heart Hints

- Relaxation alpha state techniques
- Reduce blood pressure
- Reduce work and life related stress
- Improve switching off & helping sleep
- Physical fitness and well-being - what works for you
- Nutrition for health and a healthy heart

#### Relaxation Audio CD

Each delegate will receive a Relaxation Audio CD personally recorded by Dr Mason Brown. This includes tracks on switching off, getting to sleep and relaxation to reduce blood pressure.

## Relaxation CD Content

- Breathing: slowing & deepening the breathing to slow down brain waves (like a car going from high revs to idling)
- Breathing & Relaxing the Muscles: muscles, especially neck, shoulders, back and limbs develop muscle tension as the day goes by
- Breathing for Energy (Paced Breathing): this exercise uses the diaphragm to circulate the lymph fluid to remove the waste products produced by cells
- Breathing & Walking: allows you to relax when walking to and from car, an appointment, a shop, etc. and also increases awareness of the Present Moment and slows down the perception of time
- The Inner Voice - accessing your beliefs and inner strength
- The Tropical Island - a 20 minute deep relaxation exercise to allow you to switch off after work
- The Forest with the Balloon: a relaxation and offloading technique

### Course Details

Duration: half day

Optimum delegate numbers: 12

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