

## HEART WEEK

Sunday 2nd May-Saturday 8th May

Can you recognize a heart attack?



The warning signs of a heart attack can be varied and may not always be sudden or severe. You may have just one of these symptoms, or a combination of them. They can come on suddenly or develop over minutes and get progressively worse. Symptoms usually last for at least 10 minutes

Discomfort in these parts of your upper body



Chest Arm(s) Shoulder(s) Neck Jaw Back

You may also experience other signs and symptoms:

- feel short of breath – feel nauseous – have a cold sweat – feel dizzy or light-headed

Warning signs of a heart attack—what to do

Stop—Immediately stop what you are doing and rest.

Talk—If you are with someone, tell them what you are feeling.

If any of your symptoms: – are severe – get worse quickly – have lasted 10 minutes

Call Triple Zero (000)\* now! Or 112 from a mobile

Ask for an ambulance. Don't hang up. Wait for advice from the operator.

## WHATS ON??



The HBF Run for a Reason is a new event on Sunday May 23rd where you can walk, run, jog or stroll your way to the finish line.

There are two distances to choose from a 4.5km and the 14km, both start and finish at the WACA.

Visit: <http://www.hbfrun.com.au>



**MAY 7TH**

**Walk Safely to School Day**

National event encouraging primary school children to walk safely to school. It is a community event seeking to promote physical activity, road safety, health, public transport and environment.

To get your school involved  
<http://www.walk.com.au/wtsd01/>



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

For further information contact:  
Your health and lifestyle coordinator  
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WOW. what's on weekly

