

## Sommario Rassegna Stampa

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# CORRIERE DELLA SERA / &\$5',2/2\*,\$

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 %XRQL SURSRVLWL XQÕDJHQGD H  
 VXO SROVR SHU DVFRWDUH LO FX  
 ,O OLEUR FRQ L FRQVLJOL GHOOÈ\$VVRFLD]LRQH SHU OD /RWWD DOO  
 JLRUQR GRGR JLRUQR ULFRQRVVFHUH XQ ULWPR FDUGLDFR LUUHJRC  
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## CORRIERE DELLA SERA

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 ,GHQWLIL  
 WLUDQWH  
 VSH]]± VX  
 GL \*HQR Y  
 G&HGD]LRQH &

,QVHJQDUH D EDPELQL H DGXOWL DG DVFROWDUH  
PHWWHUH GXH GLWD VXO SROVR H VHQWLUH LO EDWLLWR SRSRQRH  
YXRO EHQH SX± VDOYDUH OD YLWD D FKL VRIIUH GL ILEULOOD]LRQH DWULI  
TXHVWR OÖRELHWWLYR GL \$/7 OÖ\$VVRFLD]LRQH SHU OD /RWWD DOOD ;  
ODODWWLH &DUGLRYDVFRDUL 2QOXV m5LFRQRVVFHUH XQ ULWPR GHQ FXRU  
LUUHJRODUH § WDQWR IDFLOH TXDQWR IRQGDPHQWDOH GLFH /LGLD 5RWD  
SUHVLGHQWH GL \$/7 SHUFK" VSHVVR OD ILEULOOD]LRQH DWULDOH § VLOI  
QRQ YLHQH ULFRQRVFLXWD H FXUDWD SURYRFD OD IRUPD]LRQH GL WURPEL  
FKH VL IUDPPHQWDQR GLYHQWDQR HPEROL H DUULYDQR DO FHUYHOOR SUR  
LFWXV FHUHEUDOH HYHQWR PROWR GUDPPDWLFR FKH SX± ODYFLDUH LQYD  
WRJOLHUH OD YLWDz

6DOYLQL m&RQ 'L 0DLR  
KD PROVDWR OD SDOOD  
SURSRVWHZ IDU FDSLUH D

GUDFR &UHPROHVL

&KH FRVÈ" OD WURPERVL H FRPH VL FXUD

m1RQ SDVVR  
VFHPRz m1"  
GLWUDWWR  
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/D mPDQLQD  
%LWRQFL H  
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7URPERVL DUWHULRVD

,PSDUDUH D VVDUH LQ VDOXWH

/D QXRYD FDPDSDJQD FKH HGXFKHUÿ DO VHPSOLFH  
JHVWR VDOYDYLWD VL FKLDPD m&KHFN <RXU 3XOVHz  
FRQWUROOD LO WXR EDWLLWR DSSXQWR H VL ULYROJH  
DJOL DGXOWL FRLQYROJHQGR L EDPELQL /R IDUÿ  
DWWUDYHUVR VSRW LQ UDGLR H WY PD DQFKH FRQ  
OÖ\$JHQGD GHQ FXRUH SHQVDWD SHU

/È\$JHQGD GHQ FXRUH

PLJOLRUDUH OD FRQRVFLXWD VXL PHEFDQLVPL FKH  
PDQWHQRQR OD VDOXWH GL FXRUH H FHUYHOOR  
DUWHULHH YHQH HG HYLWDUH XG OL SL QWUR UDYFLDUH  
YHGHUH FRVD SLDFH D

&RPHLHUH GHOD 6HU

FRQ OH PDODWWLH GD WURPERVL LQIDUWR LFWXV HPEROLD WURPERVL G  
GHOOH YHQH PDODWWLH HYLWDELLOL DOPHQR LQ XQ FDVR VX WUH &RQ OD  
OLPH OÖDJHQGD RJQL PHVH VL SRSRQH FRPH XQ FRDFK FKH LQVHJQD LQ  
LQJOHVH SLFFROL PD FUXFLDOL FRQFHWWL GD DSSOLFDUH QHOOD TXRWLG  
PLVXUDUH H PLJOLRUDUH OÖLQGLFH GL PDVVD FRUSRUHD %0, %RG\ 0DVV  
FDSLUH VH VL KDQQR FKLLOL GL WURSSR VHJXLUH XQ SURJUDPPD GL DWWL  
FRQWLQXDWLYD H DGDWWD D FLDVFXQR LPSDUDUH D VFHJOLHUH XQÖDOLPI  
LQWHOOLJHQWH H VHQJD HFFHVVL JHVWLUH H FRQVXPDUH OR VWUHVV QR  
WUDSSROD GHQ IXPR PHWWHUVL DO ULSDUR GDL QHPLFL GHOD VDOXWH C  
FRQVLJOL FRQ XQ OLQJXDJJLR VHPSOLFH H JUDILFL GD SHUVRQDOL]]DUH SH  
OD SURSULD PRWLYD]LRQH

&RPH ULFHYHUH OÈDJHQGD

/ÖDJHQGD GL \$/7 § GHGLFDWD D WXWWL H LQ SDUWLFRODUH D FKL KD DYXV  
GLVDYYHQWXUD GL FRQRVVFHUH OD WURPERVL GD YLFLQR OD SUHYHQ]LRQH

XWLOH LQ FKL VWD EHQH PD § LQGLVSHQVDELOH SHU FKL § JLÿ VWDWR FR  
QRQ YHQJD FROSLWR GL QXRYR 3HU ULFHYHUH LO GLDULR § ULFKLHVWD X  
PLQLPD GL HXUR ~~VLFSLXWVRBEXGIDUDU~~ RQOLQH VXO  
VL~~WRZ WURPERLQ KRP~~PHSDJH ULTXDGUR LQ DOWR D GHVWUD x'RQD RUDØ  
WHOHIRQDUH DOOR R UHFDUVL GL SHUVRQD LQ \$/7 LQ YLD /DQJRQF  
0LODQR GDO OXQHG« DO JLRYHG« RUDULR H m1HO YROXPH ULSR  
DQFKH L ILQDQJLDPHQWL ULFHYXWL H L SURJHWL UHDOLJJDWL XQ PRGR S  
WXWWL L VRVWHQLWRUL FKH KDQQR SHUPHVVR DG \$/7 GL LQYHVWLUH QHO  
FRPSUHQQGHUH LQ PRGR VHPSUH SL, FKLDUR H DSSURIRQGLWR L PHFFDQLVI  
SURYRFDQR OH PDODWWLH FDUGLR H FHUHEURYDVFRODUL FRQFOXGH 5RW  
\$QFKH LO SURJHWWR &KHFN <RXU 3XOVH QDVFH JUDJLH DO FRQWULEXWR GI  
&DULSOR H GL XQ EHQHIDWWRUH FKH LQ PHPRULD GHL SURSUL JHQLWRUL K  
DG \$/7 GL LVWLWXLUH LO )RQGR 0DUVLJOLHVL ( VL DYYDOH GHOOD SDUWQ  
JLRYDQL SHUFVVLRQLVWL GH OD9HUGL )RQGDJLRQH 2UFKHVWUD 6LQIRQLF  
6LQIRQLFR GL 0LODQR \*LXVHSSH 9HUGL FRPSRVWR GD UDJDJL GDL DL  
GHOOD FRODERUDJLRQH GL )RQGDJLRQH &HQWUR 6SHULPHQWDOH GL &LQHF  
6HGH /RPEDUGLD 8QD JUDQGH VTXDGUD FKH KD SHUPHVVR DQFKH GL UH  
XQR VSRW GHGLFDWR D UDGLR H WY FRQ SURWDJRQLVWL L UDJDJL H JOL L  
%ULWLVK 6FKRRO RI 0LODQ 6LU -DPHV +HQGHUVRQ H GHOOÕ,VWLWXWR 6E  
0LODQRz

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)HUUDJQL H GI WDEOHW LO r mPHD FXOSDz  
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9LQLFLR 0DUFI -XOLD 5REHUW 6FL VROH H E  
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¼ DO PHVH 6ROR 2QFLQH (DV\ /DQG 5RYHU D 6FRSUL O RIIHUWD  
\$WWLYD VXELWR ¼  
6FRSUL O RIIHUWD

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&YSRM TVSTSWMXM YR"EKIRH  
TIV EWGSPXEVI MP GYSVI

'K4GFC\KQPG

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1IVSRI MP XVYW  
M TEXVMQSRM JE  
EWWMGYVEVI P"E  
HMWEFMPM

,O OLEUR FRQ L FRQVLJOL GHOO1\$VVRFLD]LRQH SHU OD /RWWD DOOD 7URPERVL SHU VWDF  
JLRUQR GRSR JLRUQR ULFRQRVFHUH XQ ULWPR FDUGLDFR LUUHJRODUH SXz VDOYDUH OD  
)RQWHWWSV ZZZ FRUULHUH LW VDOXWH FDUGLRORJLD BRWWREUHB  
DJHQGD GXH GLWD SROVR DVFROWDUH FXRUH G EH G G H DH I  
HFD IE H VKWPO

2ETSPMXERS MR  
TVMQE ZSPXE HS  
P"MRXIVZIRXS EF  
XRPQL SURSRIVY  
-P TYPPQER EXX'  
TSRXI WXSVMGS  
VMWGLME HM GIT

# L'AGENDA DEL CUORE

PER IMPARARE AD ASCOLTARE IL CUORE!

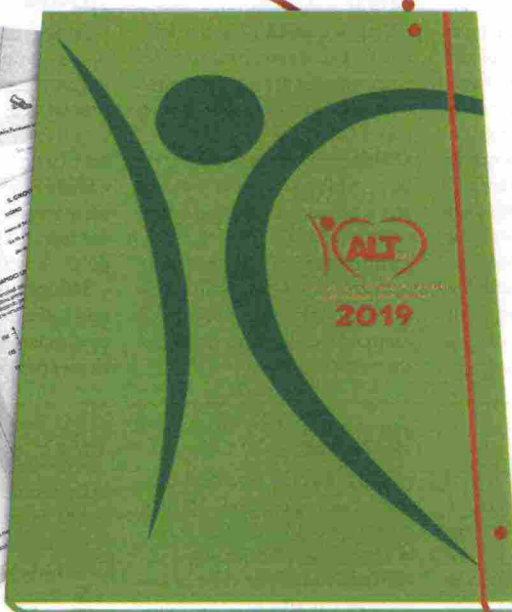
# 2019

12 SCHEDE  
PER LA SALUTE  
DEL CUORE E  
DEL CERVELLO

LA NOVITÀ  
12 PASSI PER  
RAGGIUNGERE  
L'OBIETTIVO SALUTE

52 CONSIGLI  
IN ITALIANO E IN INGLESE  
PER RICONOSCERE  
SINTOMI E FATTORI  
DI RISCHIO

UN REGALO  
SPECIALE DA  
PERSONALIZZARE



## GRAZIE

PER TUTTI I FINANZIAMENTI RICEVUTI E I PROGETTI REALIZZATI

### COME ORDINARLA

Per ogni agenda è richiesta una **donazione minima di 20 euro** da effettuare con:

- bollettino di c/c postale n. 50 29 42 06 intestato a: ALT Onlus - Via Lanzone, 27, 20123 Milano
- carta di credito su [www.trombosi.org](http://www.trombosi.org) nella sezione dona on line
- assegno bancario non trasferibile intestato ad ALT Onlus
- bonifico bancario IBAN IT 67C031110162600000013538  
Banca Popolare Commercio e Industria - Agenzia 4 - 20123 Milano

### IL BILANCIO DI ALT È CERTIFICATO

Le donazioni ad ALT sono deducibili, come previsto dal D.L n°35 del 14/03/2005: per usufruire dei benefici fiscali dovrete conservare copia del versamento, comunicare ad ALT il vostro indirizzo e codice fiscale via mail a [soci@trombosi.org](mailto:soci@trombosi.org) facendo riferimento alla vostra donazione; riceverete da ALT una ricevuta valida ai fini della detrazione/deduzione.



Associazione per la Lotta alla Trombosi  
e alle malattie cardiovascolari

[www.trombosi.org](http://www.trombosi.org)



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ŠDPDWD DOOHJUD LQWHOOLJHQWH ULFFD GL VXJJHULPHQWL SHU OI  
GHOOH DUWHULH H GHOOH YHQH /E\$JHQGD GHO FXRUH GL \$/7 È \$V'  
OD /RWD DOOD 7URPERVL H DOOH ODODWWLH &DUGLRYDVFRODUL I  
VWXGLDWD SHU DFFRPSDJQDUFL LQ XQ LQ VDOXWH

,/ &2/25fDÈOD FRSHUWLQD YHUGH OLPH FRORUH DPWR GDOOD SHJLQD (OLVDEH  
GÈ,QJKLOWHUUD H GDOOH SL» DXWRUHYROL LQIOXHQFHU &RORUH FKH HYRFD FRU  
SXOLJLD QDWXUD 6RQR OH VHQVDJLRQL FKH \$/7 YXROH ( ) Q OÈD.  
PLJOLRUDUH OD FRQRVfHQJD VXL PHFFDQLVPL FKH PDQWHQJRQR OD VDOXWH GL F  
DUWHULH H YHQH SURSULH H GHOOH SHUVRQH FXL V YXROH EHQH H SHU HY WDI

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UDYYLFLQDWR FRQ OH PDODWWLH GD 7URPERVL ,QIDUWR ,FWXV (PEROLD 7URP  
GHOOH YHQH PDODWWLH HYLWDELOL DOPHQR LQ XQ FDVR VXOWUH 1

\$ &+, 6, 5, 92/EDJHQGD GL \$/7 a GHGLFDWD D WXWWL H LQ SDUWLFRODUH D FKL  
GLVDYYHQWXUD GL FRQRVVFHUH OD 7URPERVL GD YLFLQR OD SUHYHQJLRQH a XWL  
a LQGLVSHQVDELOH SHU FKL a JLc VWDWR FROSLWR SHUFK« QRQ YHQJD FROSLWR  
\$/7 GD DQQL UHDOLJJD FDPDSDJQH GL SUHYHQJLRQH H GL HGXFDJLRQH HGLSDV  
WXWWH OH HWc SHUFK« QHVXQR XQ JLRUQR SRVVD GLUH IN LR QRQ OR VDSHY

,/ 18292 \$112 È ,O VDUc OEDQQR SHU LPSDUDUH DG DVFROWDUH LO  
JUDJLH DEBKRQ &FKH IGL <RXQD3XXRWHD FDPDSDJQD FKH LQVHJQHUc D  
EDPELQL H DGXOWL D VHQLWLUH FRQ GXH GLWD VXO SROV1R1L2 EDVWLWR GHO FXI  
GHOOH SHUVRQH FXL VL YXRO EHQH 5LFRQRVVFHUH XQ ULWPR GHO FXRUH UHJROD  
VDOYDUH OD YLWD D FKL VRIIHU GL ILEULOODJLRQH DWULDOH H\$QRQ OR VD SHUF  
QRQ YLHQH ULFRQRVFLXWD H FXUDWD OD ILEULOODJLRQH DWULDOH SURYRFD OD  
FXRUH FKH VL IUDPPHQWDQR GLYHQWDQR HPEROL H DUULYDQR DO FHUYHOOR SI  
FHUHEUDOH HYHQWR PROWR GUDPPDWLFR FKH SX' ODVFLDUH LQYDOLGLWc JUDY  
SURJHWWR a LQQRYDWLYR QHOOD VXD VHPSOLFLWc SHUFK« VL ULYROJH DJOL DG  
EDPELQL LQVHJQDQGR XQ JHVWR SHU ULFRQRVVFHUH VH LO FXRUH EDWWH LQ PRI  
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/\$ 129,, 7È &K&KHFN <RXQD3XHOVUDJLH DO FRQWULEXWR GL )RQGDJLRQH  
&DULSOR H GL XQ EHQHIDWWRUH FKH LQ PHPRULD GHL SURSUL JHQLWRUL KD SHU  
LVWLWXLUH LO )RQGR 0DUVLJOLHVL \*RGH GHO SDWURFLQLR GL 3XEEOLFLWc 3UR  
SDUWQHUVKLS GHL JLRYDQL SHUFXVVLRLQVLW GH OD 9HUGL )RQGDJLRQH 2UFKHV  
6LQIRQLFR GL 0LODQR \*LXVHSSH 9HUGL FRPSRVWR GD UDJDJL1DL\$ DL DQQL  
FROODERUDJLRQH GL )RQGDJLRQH &HQWUR 6SHULPHQWDOH GL &LQHPDWRJUDLD  
8QD JUDQGH VTXDGUD FKH KD SHUPHVVR DQFKH GL UHDOLJJDUH \$XQS VSRW GHGLF  
3URWDJRQLVWL GL &K<3 L UDJDJL H JOL LQVHJQDQWL GHOOD %ULWIVK 6FKRRO F  
+HQGHUVRQ H GHOOÈ,VWLWXWR 6DQWD \*HPPD GL 0LODQR\$ , ,

/( 6&+(' ( //È\$\*(1'\$ È 2JQL PHVH XQ SDVVR DYDQWL SHU OD FXUD GHOOD VDOX  
GHO SURSULR FXRUH FRPH XQ FRDFK FKH FL LQVHJQD LQ LWDOLDQR H LQ L'QUS  
D PLVXUDUH H PLJOLRUDUH OÈLQGLFH GL PDVVD FRUSRUHD %0, %RG\ODVV QGH  
SURJUDPPD GL DWLWLYWc ILVLFD FRQWLQXDWLYD H DGDVWD D FLDVFXQR, \$ LPSI  
XQÈDOLPHQWDJLRQH LQWHOOLJHQWH H VHQJD HFFHVVL D JHVWLUH H FRQVXPDUH  
QHOOD WUDSSROD GHO IXPR D PHWWHUVL DO ULSDUR GDL QHPLFL GHOOD VDOXW  
FRQVLJOL FRQ XQ OLQJXDJJLR VHPSOLFH H JUDILFL GD SHUVRQDOLJJDUH SHU DX  
PRWLYDJLRQH

/\$ 5,&(5&ÈÈHQGD ULSRUWD L ILQDQJLDPHQWL ULFHYXWL H L SURJHWWL UHD  
PRGR SHU GLUH íJUDJLHí D WXWWL L VRVWHQLWRUL JUDQGL H \$LFFROJ FKH KDC  
LQYHVWLUH QHOOD FROODERUDJLRQH LQWHUGLVFLSOLQDUH IUD VFLHQJLDWL H FC  
FRQYLQWD FKH OD FROODERUDJLRQH WUD GLYHUVH FRPSHWHQJH VLD OD VWUDGD  
FRPSUHQQGHUH LQ PRGR VHPSUH SL» FKLDUR H DSSURIRQGLWR L PHFFDQLVPL FKH  
PDODWWLH FDUGLR H FHUHEURYDVFRODUL &RQ TXHVWR DSSURFFLR \$/7 VRVWLHQ  
LQWHUGLVFLSOLQDUH VXOOH FDXVH GHOOÈ(PEROLD \$RQSDUH QHL JLRYDQL LQ  
PHFFDQLVPL FKH SURYRFDQR OÈ,FWXV FHUHEUDOH GD FDXVH VFRQRVFLXWH QHL  
PDODWWLH GD 7URPERVL HG (PEROLD QHL EDPELQL H QH, QH\$Q\$WL ,O QHWZRUN  
PHWWH LQ FRQWDWWR QHXURORJL SHGLDWUL H PHGLFL GÈXUJHQJD FKH VL WURY  
HYHQWR DFXWR LQ XQ QHRQDWR R LQ XQ EDPELQR H LPSDUDQR JOL XQL GDJOL I  
SURSULH HVSHULHQJH H FRPSHWHQJH SHU PLJOLRUDUH OD GLDJQRVL H OD FXUD  
PLOLRQH RJQL DQQR a FROSLWR PHGLFL FROODERUDQR DWWLYDPHQWH DO SU  
FRQGLYLGHQGR L GDWL UHODWLYL D ROWUH EDPELQD 2 1 " 8 0

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GL SHUVRQD LQ \$/7 LQ 9LD /DQJRQH D 0LODQR GDO OXQHG® DO JLRYHG® H GDOOH DOOHUHJD,DFKWDH SMD SL» D FXRUH FRQ 7 \$

OËDXJXULR GL XQ LQ VDOXWH \$/7 SURYYHGHUç DOOD VSHGLJLRQH D QRP 7 \$ 1 / \$ "

02'\$/,7, ', &2175,%372 È JQL DJHQGD ° ULFKLHVWD XQD GRQD]LRQH PLQLPD GL HXUR GD HIIHWWXDUH FRQ

EROOHWWLQR GL F F SRVWDOH Q LQWHVWDR D \$/7 2QOXV È 9LD /I " 1

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FDUWD GL FUHGLWR VX ZZZ WURPERVL QJHQHOOD VH]LRH ,O 3ROR GHO 6RUULVR

DVVHJQR EDQFDULR QRQ WUDVIHULELOH LQWHVWDR DG \$/7 2QOXV

/H GRQD]LRQL DG \$/7 VRQR GHGXFLELOL FRPH SUHYLVWR GDO, / Qr GHO XQ DQQR SHU DVFF

XVXIUXLUH GHL EHQHILFL ILVFDOL GRYUHW H FRQVHUYDUH FXRUH FRSLD GHO YHUVDPHQW

LO YRVWR LQGLUL]JR H FRGLFH ILVFDOL YLD PDLO D VRFL#WURPERVL RUJ IDFHQ

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VHUYH FKLDUH]JD H

\$/7 È \$VVRFLD]LRQH SHU OD /RWD DOOD 7URPERVL LQRHJOD]LRQHODWWLH

2QOXVQÈ\$VVRFLD]LRQH OLEHUD LQGLSHQGHQWH H VHQJD ILQL GL OXFUR 'DO

D OLYHOOR QD]LRQDOH SHU OD SUHYHQ]LRQH GHOH PDODWVH, FJG2R7IDE FROE

GHO PLRFDUGL ,FWXV FHUHEUDOH (PEROLD 3ROPRQDUH 7688/2 V71DEWHULRVH

OD ULFHUFVFLHQWLILFD UHDOL]JD FDPDJDQH HGXFOWLYH 2772/5VH D FRPEDWWH

GL ULVFKLR H D FUHDUH FRQVDSHYROH]JD VXL VLQWRPL SUHFRFL GHOH PDODWW

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6HL 6DOXWH H %HQHWV|SHMR DO VRQQR L • FRQVLJOL SHU )RWR

'DO SHVR DO VRQQR L  
XQ FXRUH LQ IRUPD

1DGLD 7RIID QR  
SDUWHFLSD D SH  
SURYDWD GD F

RWWREUH

\$16\$ 520\$ 277 3HVDUVL XQD YROWD DO PHVH DVH WDUH LO U  
GHO FXRUH VXO SROVR GRUPLUH RUH PDQJLDUH SRUJLRQL GL IUXW  
YHUGXUD VRQR DOFXQH GHOOH DELWXGLQL FKH VL SRVVRQR DGRWWDL  
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IUXWWL GL ERVFR FRQ FHUHDOL H |R|XUW D FROD]LRQH 8Q IUXWWR GR  
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Dal peso al sonno, i 12 consigli per un cuore in forma  
Alt, prevenzione deve iniziare il prima possibile

ROMA

(ANSA) - ROMA, 12 OTT - Pesarsi una volta al mese, ascoltare il ritmo del cuore sul polso, dormire 8 ore, mangiare 5 porzioni di frutta e verdura: sono alcune delle abitudini che si possono adottare ogni giorno per tenere in salute il cuore e prevenire le malattie da trombosi. Le ricorda Alt (Associazione lotta alla trombosi) nella sua Agenda del cuore 2019, con consigli per ogni mese dell'anno. 1. Pesarsi una volta al mese e tenere un diario. 2. Sentire il ritmo del cuore, mettendo due dita sul polso sinistro alla base del pollice. Riconoscere un ritmo regolare o irregolare può salvare la vita a chi soffre di fibrillazione atriale e non lo sa, perché spesso è silenziosa. 3. Aumentare l'attività fisica quotidiana di almeno 10 minuti fino ad arrivare a 30 consecutivi, per più giorni alla settimana. 4. Dormire almeno 8 ore per notte. 5. Mangiare 5 porzioni di verdura e frutta al giorno. Un frutto o una verdura, o una manciata di frutti di bosco con cereali e yogurt a colazione. Un frutto dopo l'attività fisica, verdura a pranzo a cena, un frutto a merenda. 6. Via libera ai cereali: avena e crusca per la colazione, il pane integrale può sostituire quello bianco nella preparazione di panini o sandwich, riso integrale, farro, orzo e bulgur o "grano spezzato" sono perfetti per un pranzo o una cena equilibrata. 7. Meno grassi: non è necessario eliminarli tutti. Sì all'olio d'oliva, e a quelli contenuti nella frutta secca e nei semi. 8. Ricordarsi le proteine: sì alle carni bianche e ai formaggi magri, legumi e pesce, toccasana per la salute del cuore. 9. Sale: la quantità ideale giornaliera non deve superare i 6 grammi, cioè un cucchiaino da tè. 10. No al fumo, è sempre l'ora giusta per smettere. 11. Girovita: il grasso sul giro vita corrisponde al grasso intorno al cuore e il giro vita lo misura. 12. Stile di vita, cambiarlo subito, senza 'aspettare quando sarà il momento'. (ANSA).

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