

I AM ME

HEALTH & WELLNESS CENTRE

Finding Meaning. Creating Purpose



HEART HEALTH: EVERY BEAT MATTERS



Your heart is one of the hardest-working organs in your body. From the moment life begins until your very last breath, it beats tirelessly, pumping oxygen and nutrients through an intricate network of blood vessels that nourish every organ, muscle and cell. It never takes a day off, yet many people give little thought to its health until something goes wrong.

Heart disease continues to be one of the leading causes of illness and death across the globe. The encouraging news is that many cardiovascular conditions develop slowly over many years, which means there is often an opportunity to reduce risk through greater awareness and healthier lifestyle choices. Understanding how the heart works and what influences its health is an important step towards protecting this remarkable organ for the future.

MORE THAN JUST A PUMP

The heart, about the size of a fist, beats nearly 100,000 times daily, circulating blood to deliver oxygen and nutrients while removing waste. Working with arteries, veins, and capillaries, it sustains body function. When vessels narrow or stiffen, the heart strains, increasing risk of high blood pressure, coronary artery disease, heart failure, stroke, and peripheral artery disease.



THE SILENT NATURE OF HEART DISEASE

Cardiovascular disease often develops silently, with no obvious warning signs. High blood pressure can strain the heart and vessels without symptoms, while elevated cholesterol gradually contributes to plaque buildup. Even early diabetes or prediabetes may progress unnoticed, harming vascular health. Because these risks remain hidden, regular assessments are essential. Routine blood pressure checks, cholesterol testing, and glucose monitoring help detect problems early, allowing timely intervention to protect long-term cardiovascular wellbeing and reduce the likelihood of serious complications.

UNDERSTANDING WHAT HAPPENS INSIDE THE ARTERIES

Healthy arteries are flexible, allowing smooth blood flow. Over time, cholesterol, inflammatory cells, and other substances can build up, forming plaques—a process called atherosclerosis. As plaques enlarge, arteries narrow and stiffen, restricting circulation and straining the heart. Plaque rupture may trigger clots, causing heart attacks or strokes. Though these events seem sudden, the disease develops silently over many years.

THE RISK FACTORS THAT SHAPE HEART HEALTH

Some factors influencing cardiovascular health cannot be changed. Age naturally increases risk, while family history and genetics may also play a role. These factors highlight the importance of regular health monitoring but do not determine a person's future on their own.

Many of the strongest influences on heart health are closely connected to everyday habits and lifestyle choices. High blood pressure, LDL cholesterol buildup, and poor blood sugar regulation all strain the cardiovascular system. Elevated pressure damages vessels, LDL fosters plaque, and high glucose harms nerves and circulation. Conversely, HDL cholesterol supports healthy flow. Together, these factors explain cardiovascular disease's prevalence, especially among people with diabetes.

NUTRITION AND THE HEART

Daily diet profoundly influences cardiovascular health, with research highlighting overall eating patterns rather than isolated foods. Consuming vegetables, fruits, whole grains, legumes, nuts, and seeds provides fibre, vitamins, minerals, and protective compounds. Fibre lowers cholesterol absorption, supporting healthy levels, while unsaturated fats from olive oil, avocados, nuts, seeds, and oily fish balance cholesterol and supply essential fatty acids. Conversely, diets high in processed foods often contain excess sodium, added sugars, and unhealthy fats, raising blood pressure, impairing glucose control, and elevating cardiovascular risk. Consistently choosing nutrient-rich, minimally processed foods helps preserve healthy vessels, circulation, and optimal heart function.



WHY BODY WEIGHT MATTERS

Maintaining a healthy body composition supports cardiovascular function in several ways. Excess body fat, particularly around the waist, is closely associated with high blood pressure, insulin resistance, inflammation and unfavourable cholesterol levels.

These factors often occur together, increasing the overall workload placed on the heart. Maintaining a healthy body weight supports more efficient circulation and reduces the likelihood of developing multiple cardiovascular risk factors simultaneously.

THE IMPORTANCE OF PHYSICAL ACTIVITY

The heart is a muscle, and like every muscle in the body, it benefits from regular use. Physical activity strengthens the heart, allowing it to pump blood more efficiently with less effort.

Regular movement supports healthy blood pressure, improves circulation, enhances insulin sensitivity and contributes to healthier cholesterol levels. It also assists with maintaining a healthy body weight, reducing one of the important contributors to cardiovascular disease.

Beyond its physical effects, movement supports emotional wellbeing and reduces many of the physiological responses associated with chronic stress.

STRESS AND THE HEART

Modern life presents countless sources of stress. While the body's stress response is designed to help manage short-term challenges, prolonged activation of this system can place considerable strain on cardiovascular health.

Stress hormones such as adrenaline and cortisol temporarily increase heart rate and blood pressure. When these responses occur repeatedly over extended periods, they may contribute to chronic high blood pressure, inflammation and other cardiovascular changes.

Research also shows that chronic stress often influences behaviours linked to heart disease, including disrupted sleep, unhealthy eating patterns and reduced physical activity.

Understanding the connection between emotional wellbeing and physical health continues to shape modern approaches to cardiovascular prevention.



SLEEP: THE BODY'S NATURAL RECOVERY TIME

Sleep is vital for cardiovascular recovery, lowering blood pressure, slowing heart rate, and enabling repair processes. Poor-quality or insufficient sleep increases risks of hypertension, obesity, diabetes, and heart disease. Disorders like obstructive sleep apnoea repeatedly stress the heart. Recognising and managing sleep problems is essential for protecting long-term cardiovascular health.

SMOKING AND ALCOHOL

Smoking damages blood vessels, reduces oxygen supply and greatly increases the risk of heart attack and stroke. Excessive alcohol intake raises blood pressure, weakens the heart and increases the likelihood of stroke and heart disease.

RECOGNISING THE WARNING SIGNS

Heart disease does not always present in the same way for every individual. Chest pain or pressure remains one of the best-known symptoms of a heart attack, but it is not the only warning sign.

Shortness of breath, dizziness, unexplained fatigue, discomfort in the neck, jaw, back or arms, nausea and irregular heartbeats may all indicate that the heart is under stress.

Women, older adults and people living with diabetes may experience less typical symptoms, which can sometimes delay recognition and treatment.

Prompt medical attention during a heart attack or stroke can significantly improve outcomes by restoring blood flow before permanent damage occurs.

PREVENTION REMAINS THE STRONGEST MEDICINE

Medical advances—early diagnosis, imaging, minimally invasive procedures, and effective medications—have greatly improved cardiovascular outcomes. Yet prevention remains most powerful. Long-term habits like balanced nutrition, regular activity, healthy weight, quality sleep, stress control, and avoiding tobacco build resilience. Together, they reduce inflammation, protect vessels, enhance circulation, and help the heart function efficiently.



A LIFELONG INVESTMENT

Heart health is not defined by a single blood pressure reading or cholesterol result. It reflects the cumulative effect of everyday habits over months, years and decades.

The cardiovascular system continually responds to these influences, adapting positively to healthy behaviours throughout life. Importantly, research shows that meaningful improvements in heart health can occur at any age. Positive lifestyle changes benefit the cardiovascular system whether they begin in early adulthood, middle age or later in life. Every heartbeat represents an extraordinary partnership between the heart, blood vessels and the choices made each day. While genetics and ageing influence cardiovascular risk, many of the factors that shape heart health remain within our control.



CONCLUSION:

LOOKING AFTER THE HEART IS ABOUT FAR MORE THAN PREVENTING DISEASE. A HEALTHY CARDIOVASCULAR SYSTEM SUPPORTS ENERGY, MOBILITY, BRAIN FUNCTION, HEALTHY AGEING AND OVERALL QUALITY OF LIFE. IT ALLOWS EVERY ORGAN TO RECEIVE THE OXYGEN AND NUTRIENTS NEEDED TO FUNCTION AT ITS BEST, MAKING HEART HEALTH ONE OF THE MOST VALUABLE INVESTMENTS ANYONE CAN MAKE IN LIFELONG WELLBEING. EVERY BEAT TRULY MATTERS. PROTECTING YOUR HEART TODAY HELPS BUILD THE FOUNDATION FOR A HEALTHIER TOMORROW, ALLOWING THIS REMARKABLE ORGAN TO CONTINUE PERFORMING ITS VITAL WORK FOR YEARS TO COME.



Consistency in daily habits provides stability for the body as it adapts to seasonal changes. Regular patterns of eating, sleeping, and activity support the body's internal rhythms, allowing systems to function more efficiently. Irregular routines can disrupt these rhythms, while consistency reinforces the body's natural ability to maintain balance.

I AM ME

The Change You Want Starts With The Choice You Make Today.

Take control of your health with personalised coaching that supports your goals, lifestyle, and wellbeing.

This journey is about more than losing weight — it's about rebuilding your relationship with food, your body, and yourself.

If you're tired of weight fluctuations, emotional eating, and feeling disconnected from your confidence, you are not alone. Life changes, hormonal shifts, stress, and fluctuating energy levels can make health goals feel more challenging — but lasting change is possible.

Personalised Coaching for Real Life

My coaching is supportive, practical, and designed for your lifestyle. No extreme diets. No quick fixes. Just a balanced approach focused on:

- **Sustainable habits** that fit into your daily routine
- **Nourishment** that fuels energy, recovery, and performance
- **Movement** that builds strength and confidence
- **Emotional wellbeing** that helps you feel empowered in your own body

Nutrition: The Foundation of Change

With qualifications in nutrition and advanced sports nutrition, I bring a deeper understanding of how food, movement, and lifestyle work together to support lasting health.

- **Evidence-based nutrition principles:** Learn how to fuel your body without restrictive diets.
- **Balanced eating strategies:** Support hormonal health, energy levels, and long-term vitality.
- **Performance nutrition:** Optimise strength, recovery, and conditioning through smart food choices.
- **Sustainable results:** Build habits that last, without extremes or short-term fixes.



Coaching Options

- In-person coaching at 99 Lenchen Ave, Centurion
- Online coaching and at-home training available
- Buddy sessions at reduced rates



Sessions from R350 per hour.
No contracts. Month-to-month flexibility.
Packages available.

IAMME Winter Special | July–September 2026

- **Individual Training**
 - 2x weekly: R2 520 • 3x weekly: R3 570
- **Buddy Training** (per person)
 - 2x weekly: R1 980 • 3x weekly: R2 805



Winter doesn't have to slow your progress. Stay consistent, build strength, and keep moving towards a healthier, more confident you.



Book Your FREE Consultation Today – In-Person or Online



Ready to Feel Like Yourself Again?

Your transformation doesn't start with perfection — it starts with one decision to prioritise yourself. I'll walk beside you every step of the journey.

Work with a HEALTH, WELLNESS FITNESS COACH



Are you ready to break the cycles holding you back and unlock a life of confidence, vitality, and purpose?

As a **Health, Wellness, and Fitness Coach**, I invite you to a **complimentary 40-minute Coaching Session**. Together, we'll explore how to:

- **Identify Emotional Triggers** - Uncover the root causes of your emotional eating patterns.
- **Craft a Personalized Wellness Plan** - Set actionable goals to regain control over your health.
- **Blood Sugar Balancing Techniques** - Learn simple strategies to keep your energy and cravings in check.
- **Mindset Mastery** - Tackle limiting beliefs that are holding you back from achieving lasting change.

After our session, you'll receive a complimentary copy of '**Stop Eating Your Stress**'—your ultimate guide to conquering stress-related eating habits and sustaining long-term wellness.

Ready to take the first step toward lasting change?

Book now your complimentary 40-minute 'Revive & Thrive' session and start your journey to a healthier, more confident you!

Message me at **082 928 6742** or email jeanettemuldner@gmail.com.

www.iammehealth.com

"P.S. I'd be grateful if you could help spread the word! Please forward this Newsletter to anyone who might be interested in transforming their health and wellness. If you know at least two people who could benefit from personalized guidance and support, I'd appreciate you sharing this invitation with them. Your referral means the world to me!"