



Keys to a Healthy Heart

USE YOUR HEAD . . . and COMPUTER!



The American Heart Association has a variety of links to help you improve your “heart health” . . . and your health in general! Take advantage of all their FREE resources:

Go Red for Women BetterU: www.goredforwomen.org/betteru

A free 12 week online nutrition and fitness program that can makeover your heart.

Start! Walking: www.startwalkingnow.org

By exercising for as little as 30 minutes each day you can reduce your risk. Join in on the Start! Movement, get walking and start taking a more active role in your health!

My Start! Online Tracker: www.startwalkingnow.org/mystart_tracker.jsp

Log your times or distances traveled, plot and save your walking routes and enter your daily meals and snacks.

Start! Walking Path - Find a Path:

www.startwalkingnow.org/start_walking_paths.jsp

Search for your nearest Start! Walking Path. They're great to use when it's time for a walk.

My Life Check: mylifecheck.heart.org

This assessment test is based on the knowledge and expertise of The American Heart Association. Your assessment will help you understand what simple steps you may need to take to improve your heart health and quality of life.



Nutrition Center: www.heart.org/nutritioncenter

A healthy diet and lifestyle are your best weapons in the fight against heart disease. Use the AHA's guidelines to make smart choices to benefit your heart and overall health.



The Medical
Center of Plano