



WOMEN'S HEALTH

Finding Energy For A Longer, Healthier Life

(NAPSA)—Between juggling work, family and other demands, many busy women find it hard to make healthy habits part of their daily routines. Although 76 percent of respondents in a recent American Heart Association survey said physical activity is important, only 28 percent said they get the recommended amount of physical activity each week.

Joan Lunden, award-winning television journalist, author and busy mother of seven children, understands the challenge and has signed up for the Choose To MoveSM program.

“As a journalist I reported on health stories and certainly knew what I needed to do to be more fit and lower my risk of heart disease, but I wasn’t incorporating it into my life,” said Lunden. “The more I learned about eating healthy and staying fit, the better my life became.”

Choose To Move is a free 12-week program to help women increase physical activity and build healthy habits to lower their risk for heart disease and stroke. It’s part of the American Heart Association’s Go Red For Women movement to raise awareness of women’s risk for cardiovascular disease and what they can do to prevent it.

“Women know that physical activity is a key component of a healthy lifestyle, but our survey findings indicate that they struggle to incorporate it into their daily lives,” said Rita F. Redberg, M.D., M.Sc., F.A.H.A., F.A.C.C., professor of medicine in the cardiology division at the University of California San Francisco National Center of Excellence in Women’s Health and an American Heart Association volunteer.



A new program offers fun tips to help busy women incorporate physical activity into their lives.

According to Lunden, Choose To Move offers simple ways to get women back on track:

- Be conscious about what you eat. Rather than eating a candy bar on the run, plan ahead by carrying a healthy snack (a handful of roasted almonds, fruit, or homemade snack mix made with low-sodium seasonings).

- Get family members to go on a play date with you. It’s great for family togetherness, while fitting in fitness.

- When you get home from the grocery store, chop your fresh produce right away and store in airtight containers in the fridge. It eliminates prep work for the rest of the week and you’ll be much more likely to use them.

- Think about your childhood and what you enjoyed doing and bring that back into your life. Play a little.

Choose To Move is sponsored by the Almond Board of California and the Mrs. Dash brand. To register, visit americanheart.org/choosetomove or call 1-888-MY-HEART (1-888-694-3278).