

HEART BEAT

Get Heart Healthy Info In The “Click” Of Time

(NAPS)—It’s time to get serious about matters of the heart and reducing your risk for heart disease. Heart attack and stroke are the No.1 and No.3 causes of death in the United States. By making changes to your lifestyle you can lower your risk of heart attack and stroke.

The American Heart Association’s new One Of A Kind™ personalized health management program at www.onelife.americanheart.org can help you by providing individually personalized information, support and motivation.

“This free, state-of-the-art, Web-based program acts like your own personal ‘techno-trainer’ by informing, motivating and supporting you every step of the way as you work to change unhealthy behaviors that put you at risk for heart attack and stroke,” said Rose Marie Robertson, M.D., American Heart Association president and vice chair of the department of medicine at Vanderbilt University Medical Center

Users have unlimited, free access via a completely confidential, secure site (www.onelife.americanheart.org). “It’s different from other programs on the Internet because it targets the risk factors for cardiovascular disease in the context of health conditions, personal preferences and readiness to change expressed by the individual user,” adds Dr. Robertson.

This program helps you:

- Live smoke-free. If you smoke, take steps to quit. Talk to

Tips For A Heart Healthy Life

From The American Heart Association

- If you smoke, quit
- Exercise regularly
- Eat a balanced diet low in saturated fat
- Get motivated by using the One Of A Kind™ personalized health management program from the American Heart Association by logging onto www.onelife.americanheart.org.

your doctor or nurse about medication, patches and gums that can help, as well as support groups.

- Get moving. Increase your physical activity. Strive for a total of 30 minutes, 3-4 times a week. Walk, ride a bike, garden, dance, use the stairs—it all counts!

- Eat healthier. Choose foods low in saturated fat, cholesterol and salt. Eat more fruits and vegetables. Don’t skip meals. Limit your alcohol consumption to no more than 1-2 drinks per day.

- Control your blood pressure and cholesterol by following your doctor’s recommendations.

For more information on heart disease and stroke, call 1-800-AHA-USA1 (1-800-242-8721) or see www.americanheart.org.



Editors note: While February has been designated Heart Month, the advice in this article can help your readers anytime of the year.