



HEART HINTS

Lifestyle Coaching That Promotes Heart Health

(NAPSA)—When it comes to taking care of your heart, small changes can have big results.

That's why Leeza Gibbons and two other "Heart Coaches" have joined forces to raise awareness about heart health in a new campaign that asks each person to make an individual promise to live a healthier lifestyle.

As part of the campaign at Promisehealthyheart.com, Gibbons is teaming up with registered nutritionist and dietitian Melissa Ohlson as well as celebrity fitness coach Michael George to give consumers the coaching, tools and inspiration to achieve life-changing goals in two key areas of life: physical fitness and heart-healthy food and nutrition. High cholesterol is a major health concern for millions of Americans. In fact, there are 76 million Americans living with high cholesterol and considered at risk for heart disease.

Experts say that year-round attention needs to be focused on America's No. 1 killer—heart disease.

Consumers can submit their personal heart-health stories on the Web site, where they can find tips, advice and other ways to engage with each of the Heart Coaches. By submitting their stories, each person will automatically be entered for a chance to win personal coaching from the coaches to achieve his or her specific goals.

"Whatever age you are right now is the perfect age to start eating better and exercising for a healthy heart," explains Gibbons. "I got involved as a Pro-



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mise Heart Coach because I believe the power of life coaching can help motivate people to take better care of their hearts by leading more active, healthier lives. Life can throw a lot at you, and everyone needs a little help and inspiration now and then; one of my favorite quotes is, 'As water is to a flower, so is praise to the heart of another.'"

"As a preventative cardiologist, nutritionist and registered dietitian, I know what a difference improved heart health can make in someone's quality of life," explains Ohlson. "At Promisehealthyheart.com, people can get a customized nutrition plan designed by me to help them keep their Promise for a healthy heart."

To learn more, visit the Web site at www.Promisehealthyheart.com.