



YOUR HEALTH

Making The Choice For A Healthy Heart...And Vehicle

(NAPSA)—Did you know that heart disease is the nation's No. 1 killer of women—even though it is largely preventable? Did you also know that most car owners have misperceptions about proper vehicle maintenance?

Every day, we can make simple choices to help keep our bodies and vehicles healthy. You can turn personal choices into lifesaving actions by making smart and heart-healthy diet selections or choosing the stairs over the elevator. Choosing to stay on top of your vehicle maintenance also keeps your vehicle “fit,” in turn keeping you safe on the road.

February is American Heart Month, a good time to assess the health of your heart and take the necessary steps to keep it strong. It's also a good time for a vehicle checkup to make sure it's road ready and on a proper preventive maintenance routine.

Heartfelt Support

The Jiffy Lube *Maintenance Partners for Life* campaign stresses the importance of being vigilant about heart health and vehicle health. The parallels between maintaining a healthy heart and maintaining a healthy engine are profoundly similar—preventive maintenance. It's that simple! The campaign, which runs from January 28 to March 16, 2009, aims to educate people about smart, preventive maintenance for their bodies and vehicles. Knowing how to properly care for your heart can help you live a happier, healthier life. Performing the recommended routine

Heart Health Tips:

from the American Heart Association

- Add more color to your plate by eating more fruits and vegetables daily. Also, eating at least two servings of fish each week is a good source of omega-3 fatty acids, which benefit heart health.
- Visit your health care provider to learn how to make heart-healthy habits part of your daily life. Follow up by scheduling a doctor's appointment each year.
- Be aware of your risk factors by mapping out your family's health history. Stay informed on your health by tracking your blood pressure, cholesterol, glucose and weight.
- Visit www.GoRedForWomen.org for more heart health tips.

Vehicle Health Tips:

- Engine oil is the lifeblood of your engine. Check the oil level regularly and refer to your vehicle owner's manual for the manufacturer-recommended service interval and grade of oil.
- The engine air filter is a vehicle's lung. A clean air filter helps the engine “breathe” easier, making it run more smoothly and efficiently. When your air filter is clogged, your engine has to work harder and therefore is not operating at peak performance. Check your vehicle's owner's manual to find out when it needs to be replaced.
- Regularly check your engine's belts for cracking and tears. Listen for a high-pitched “screeching” sound while the engine is idling and/or on acceleration. This noise could mean your serpentine belt is loose and may need to be replaced. Examining your belts regularly for cracking, fraying and extra slack can help prevent engine failure. Replace or tighten the belts as needed or according to your vehicle's owner's manual.
- Visit www.JiffyLube.com for more car-care tips. 

maintenance on your vehicle can save you money by preventing a costly breakdown.

Last year, the campaign raised more than \$1 million for the American Heart Association's Go Red For Women movement. In 2009, the campaign aims to raise \$1.5 million for the cause, with all funds benefiting local chapters of the American Heart Association. People can show their support at their local service center by donating \$3 to the cause. In return, they will receive a Jiffy Lube *Maintenance Partners for Life* savings book featuring heart-healthy recipes, lifestyle tips and more than \$100 in savings on vehicle preventive maintenance services.

Make a commitment to your heart health and visit www.GoRedForWomen.org for practical tips and information on how to support the cause.

Visit www.JiffyLubeGoesRed.com for more information on the *Maintenance Partners for Life* campaign and American Heart Month.

