

# Heart Health Made Easy



## Sounds Like Fitness

(NAPSA)—This time of year, more Americans are taking their exercise outdoors.



**Regular moderate-to-vigorous physical activity improves your cardiovascular fitness.**

Now a new CD from the leading crusader in the fight against heart disease offers a walking program that will help Americans improve cardiovascular health, control weight, manage stress, and increase their overall well-being. *“The Healthy Heart Walking CD: Walking Workouts for a Lifetime of Fitness”* includes a 30-minute beginner’s walk and a faster-paced, 30-minute intermediate walk.

The American Heart Association, together with prominent audiobook publisher Simon & Schuster Audio, created this CD to help people easily integrate physical activity into their lives. The narration of actress Rita Moreno keeps listeners motivated and focused, and the original music in the two walking workouts was written and developed according to the American Heart Association’s recommended paces. *“The Healthy Heart Walking CD”* also includes easy-to-do stretches in an illustrated companion booklet. To learn more, go to [www.simonsaysaudio.com/healthyheart](http://www.simonsaysaudio.com/healthyheart).