

Gift Ideas

Support Women's Heart Health This Valentine's Day

(NAPSA)—Giving a gift from the heart is a lot easier this Valentine's Day.

Help a leading fashion accessories brand, Swarovski, raise awareness about women's heart health by purchasing red and heart-shaped jewelry items from its 2009 Go Red For Women® Collection. The company will donate a minimum contribution of \$150,000 from the sales of this collection to the American Heart Association's Go Red For Women movement.



This red dress pin is part of a collection that will help benefit women's heart health.

The company has donated more than \$1.6 million to the issue of women and heart disease awareness through partnerships with the American Heart Association's Go Red For Women movement and national sponsorship of *The Heart Truth* campaign's Red Dress Collection.

For the fifth year, it will co-sponsor *The Heart Truth's* Red



The pendant is part of a collection that includes pins, earrings, bracelets and charms.

Dress Collection 2009 Fashion Show at New York Fashion Week to raise awareness about women and heart disease. The show will debut red dresses, including a one-of-a-kind Daniel Swarovski dress, and jewelry created exclusively for *The Heart Truth*.

To help achieve better heart health, the American Heart Association offers a few tips:

- **Choose good nutrition.** A healthy diet is one of the best weapons you have to fight cardiovascular disease. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key.

- **Be physically active every day.** Research has shown that getting at least 30 minutes of physical activity on five or more days of the week can help lower blood pressure and cholesterol and keep weight at a healthy level.

For more information, visit www.swarovski.com.



Note to Editors: *The Heart Truth* and *Red Dress* are trademarks of DHHS. Participation by Swarovski does not imply endorsement by DHHS/NIH/NHLBI. *Go Red* and *Go Red For Women* are trademarks of AHA.