

WOMEN'S HEALTH TRENDS

Women Choose To Move Toward Better Health

(NAPSA)—Fewer than one in 10 women are aware of their number one health threat—heart disease and stroke; there is heartening news, the risk of heart attack and stroke can be lessened.

A few simple steps can help keep you on the path toward health and fitness. Here are hints from experts:

First, if you smoke...Quit! Talk to your doctor about ways to kick the habit once and for all.

Next, eat smart. Following a diet low in fat and cholesterol will reduce your risk for heart disease. Eat fish, poultry, lean meats, low-fat or non-fat dairy products, whole grains and plenty of fruits and vegetables.

Then, get moving. Studies show physically active women have a substantially lower risk of cardiovascular disease than sedentary women. Start off slowly and gradually build up to a routine, aiming for a minimum of 30 minutes of aerobic exercise most days of the week. Remember, housework, walking the dog and your yard work can all be part of your commitment to increased activity. Consult your doctor before starting a new exercise program.

To help busy women find the time for fitness and gain energy, a free 12-week physical activity program has been created by the American Heart Association and Bayer Aspirin. Called Choose To



Finding the time and the way to stay physically fit may be easier—and more important—than many women realize.

Move, the free, sensible program helps women recognize small, manageable changes they can fit into their lifestyles.

Each participant gets a program book filled with tips and tools to help her achieve her fitness goals. The tools include:

- A weekly activity schedule
- News about women and heart disease
- Weekly at-a-glance tips

Participants are divided into three fitness levels. After completing each 12-week phase, the woman evaluates her own progress and may then move up to another level.

Women who want to participate in this free program can sign up by calling 1-888-MY-HEART or logging on to www.choosetomove.org.