



American Heart Association Resources for Heart Health

Healthy lifestyles can help prevent cardiovascular disease. Here are some resources to empower you to take charge of your health.

- **Choose To MoveSM** — A 12-week behavior modification program, sponsored by the Almond Board of California and the Mrs. Dash® brand, that shows women practical ways to build more physical activity into their existing routine. Participants receive the **Choose To Move Handbook**, which focuses on aerobic, strength-training and flexibility exercises; nutrition tips and recipes; weight management strategies; and information about heart disease, stroke and associated risk factors. This program is for women of all fitness levels (beginner, intermediate and advanced).
- **The Cholesterol Low Down** — A cholesterol education campaign, sponsored by Pfizer Inc., that encourages people to visit their doctors and learn about their cholesterol numbers and other factors that may put them at risk for heart disease. Participants receive **The Cholesterol Low Down About Your Cholesterol Guide**, which includes information on topics ranging from personal risk factors to questions to ask the doctor, and the **American Heart Association's Low Fat Favorite Recipes** cookbook. Participants can also take an online risk assessment to determine their risk for heart disease.
- **Alliance for Children's Heart Health with the Clinton Foundation** — The goal of the Clinton Foundation–American Heart Association alliance is to stop the increasing prevalence of childhood obesity in the United States over the next 10 years by fostering an environment that helps all kids pursue a healthy lifestyle. The American Heart Association, along with the Clinton Foundation, aims to reverse the trend of rising rates of childhood obesity and create a healthier generation of Americans. The alliance hopes to raise public awareness about the serious threat posed by this growing public health problem and encourage children to take control of their own health.
- **Power To End Stroke** — The objective of **Power To End Stroke** is to create a movement around the serious health disparity issue of stroke in African Americans and to drive the message that stroke is not inevitable and can be prevented. In addition, this education and awareness campaign targeted to African Americans was created to increase awareness of high blood pressure and diabetes in African Americans and promote physician adherence to primary and secondary prevention guidelines.

For more information about these programs and other American Heart Association resources, visit americanheart.org or call (888) MY-HEART (888-694-3278) for information on **Choose To Move** and **The Cholesterol Low Down**; (800) AHA-USA1 for information on **Childhood Obesity**; and (888) 4-STROKE for more information on **Power To End Stroke**.