

You Can Reduce Your Risks of Getting Heart Disease!

Few American women understand their risk of heart disease. Even fewer know how easy it is to reduce cardiac risk, enhance overall health and maintain a healthy weight with simple lifestyle changes.

The good news is that lifestyle changes can help women –and their families—reduce their risk of heart disease. Even better news is that these same simple steps are the best ways to reach and maintain a healthy weight. Walking more and eating more whole grains are two of these steps.

Getting fit and staying healthy can be as simple as putting one foot in front of the other. Research shows that walking 10,000 steps each day can help women manage their weight and lower cardiac (heart) risk factors, like blood pressure and cholesterol levels.

Most American couch potatoes currently average about 2,000 to 3,000 steps per day, so there is plenty of room for improvement.

Eating more whole grains is another heart-healthy habit that makes delicious sense. Many studies confirm the benefits of whole grain foods like breads and cereals. The various nutrients in whole grain foods seem to be even more powerful when they are packaged together.

Heart-healthy habits will also energize your busy life. Fun, physical activity and delicious whole foods can give you the get-up-and-go to do all the things you want to do.

Learn more about heart disease by checking out the American Heart Association's website at: www.americanheart.org Or talk about your concerns with your doctor.

Give yourself a gift this year and begin taking some simple, steps toward a healthy heart and a healthy weight in 2007.