



**ATTENTION GARY, EAST CHICAGO,
AND HAMMOND RESIDENTS!**

Healthy Eating | Active living | Reduce stress | Test your numbers

WHAT IS THE H.E.A.R.T PROGRAM?

A **FREE** support program where Community Health Workers will communicate with clients to check their blood pressure, weight, body mass index and provide information on: health numbers, low sodium diets, moving more, eating healthier, proper rest, etc., as well as provide appropriate referrals and encourage participation in the "Eating Smart Being Active" classes.

Eating Smart, Being Active Classes – Sessions Include:

- Get Moving!
- Plan, Shop, \$ave
- Fruit & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Go Lean with Protein
- Build Strong Bones
- Make a Change
- Celebrate! Eat Smart and Be Active

A variety of incentives are available for enrollment and participation in the program!



Next Generation



OUTCOMES

Clinical

- Decrease Blood Pressure
- Lower weight/BMI numbers
- Decrease cholesterol

Behavioral

- Increase servings of fruits/vegetables to minimum 2 per day
- Increase physical activity to minimum of 60 minutes per week
- Increase knowledge of cardiovascular risks
- Practice stress management minimum of 3 times per week



**For more information
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Scan to register for the HEART Program!

www.hvusa.org

f HealthVisions Midwest, Inc.

