

<u>Healthy Eating | Active living | Reduce stress | Test your numbers</u>

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:

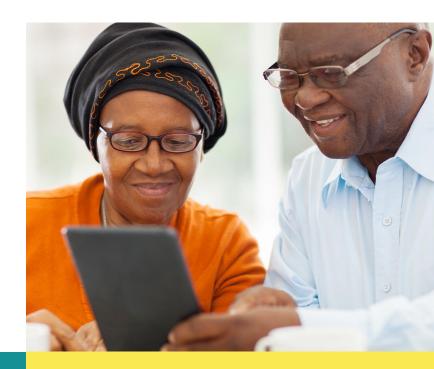
- · Get Moving!
- Plan, Shop, \$ave
- Fruit & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Go Lean with Protein
- Build Strong Bones
- Make a Change
- Celebrate! Eat Smart and Be Active

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

AstraZeneca HealthCare Foundation Connections for Cardiovascular Health 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 contact Miya Gary:

PHONE 219 844-2698 Ext. 104 **FAX** 219-844-2702

EMAIL mgary@hvusa.org

Scan to register for the HEART Program!

www.hvusa.org

f HealthVisions Midwest, Inc.

