



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

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

Community Health Worker will communicate with client in home, office or other location to check BP, weight and BMI and provide education on: know your numbers, low sodium diet, move more, eat healthy, proper rest, etc., provide appropriate referrals and encourage participation in Eating Healthy, Being Active classes.

## OUTCOMES

### Clinical

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

### 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

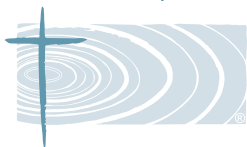
## Eating Healthy, Being Active Classes – 6 Sessions Include:

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

**Participation incentives include:  
gas cards, bus passes and more!**



Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

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HealthVisions Midwest is a 501(c)3 not for profit organization and is sponsored by the Poor Handmaids of Jesus Christ.

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 HealthVisions Midwest, Inc.