



# WOMEN'S HEALTH

## Get Into Your Most Beautiful Condition

(NAPSA)—Cardiovascular disease is the number one killer of women in the U.S., but according to a recent survey conducted by the American Heart Association, a mere eight percent of women are aware of this health threat.

To educate women and help them in decreasing their risk of cardiovascular disease, Pantene, the world's leading hair care brand, is supporting the American Heart Association. In February 2003, American Heart Month, Pantene will launch the second year of *Pantene Condition For A Cause*, a national campaign to help women get into their most beautiful condition both inside and out.

As part of the program, a portion, up to \$100,000, of the sale of Pantene conditioners in February 2003, will go to benefit education and research programs of the American Heart Association. In addition, women can log on to [www.pantene.com](http://www.pantene.com) for free samples (while supplies last), as well as tips and educational information to help reduce their risk of heart disease while building self-esteem.

To reduce the threat of cardiovascular disease and maintain a healthy lifestyle all year long, start by incorporating these healthy habits into your way of life:

- Physical activity plays a role in both primary and secondary prevention of cardiovascular disease and can help control blood lipid abnormalities, diabetes and obesity. Start getting in shape by doing low to moderate-level physical activities, especially at first. You can slowly increase the duration and intensity of physical activity as you become more fit. Over time, gradually work to exercise for 30 to 60 minutes three to five days per week and remember to choose activities that are fun! Also remember to add variety, so exercise will never seem boring.

- Proper nutrition habits can not only keep body weight under control, but also keep your blood cholesterol at an optimal level. Always remember to eat everything in moderation. It is never a good idea to completely eliminate something from your diet. Eat a



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variety of fruits and vegetables, grain products, fat free and low-fat milk products, fish, legumes, skinless poultry and lean meats.

- Managing your mental health is essential to overall health. Research shows that daily stress and anxiety can increase blood pressure (a risk factor for heart disease and stroke), muscle tension, and headaches. To keep your mental health in check, start by communicating how you feel. Research shows feelings that are not expressed in an acceptable way may lead to hostility and depression. Direct communication is not always necessary. Writing in a journal or composing a letter that is never mailed may be sufficient.

- Having a healthy self-image is another integral component of achieving overall health; incorporating a simple beauty regimen into your life can help enhance true beauty and build self-confidence. Looking good helps you feel good and part of looking good is having completely healthy hair. Wash and condition regularly with a vitamin-enriched shampoo and conditioner to help improve hair health from the inside out because healthy hair is beautiful hair.

Log on to [www.pantene.com](http://www.pantene.com) for more tips to help you maintain a healthy lifestyle, free Pantene samples (while supplies last) and information on Pantene Condition for a Cause 2003.