



Health And Well-Being

Digital Desktop Calendar Delivers Health Goals

(NAPSA)—Making healthy goals a daily reality may be easier with a free digital calendar.

A new calendar tool, the Choose To Move Digital Desktop Calendar, is part of the American Heart Association's Choose To Move 12-week program that helps busy women learn how to live healthily by incorporating physical activity and a flavorful and healthy diet into their lives—without creating new routines that take a lot of time and money.

“For women who want to get back or stay on track with their health, the calendar is a great tool,” said Rita F. Redberg, M.D., M.Sc., professor of medicine in the cardiology division at the University of California-San Francisco National Center of Excellence in Women's Health. “It's easy to use. It's informative and inspirational. And it will help keep women accountable to reaching their health goals.”

By participating in Choose To Move, each month participants will receive an e-mail with a link reminding them to download the next month's interactive computer wallpaper calendar. Each month's calendar will allow them to:

- Enter and print your daily fitness accomplishments (time or distance per week).
- Enter and print your daily food intake.
- Print a report of your accomplishments.
- View daily tips on nutrition and physical activity and inspirational quotes. Tips such as:

1. Focus on specific, realistic, short-term goals that you can add to each week to keep yourself motivated. Reward yourself as you



One way to get on track towards a healthier you is to receive helpful reminders.

reach your daily/weekly goals.

2. Be conscious about what you eat. If you tend to grab a candy bar on the run, plan ahead. Carry a healthy snack, such as a handful of roasted almonds, fruit or a homemade snack mix made with a salt-free seasoning blend.

3. Get your spouse to go on a play date with you. Fitting in fitness is great for togetherness.

Regular physical activity and healthy eating can help you live a longer and healthier life.

Choose To Move is part of the American Heart Association's Go Red For Women national movement that raises awareness that cardiovascular disease is the No. 1 killer of women and helps you take steps to prevent it.

You can register by visiting americanheart.org/choosetomove or calling 1-888-MY-HEART (1-888-694-3278).

The Almond Board of California and the Mrs. Dash brand sponsor Choose To Move.