

Creating A New You In The New Year

(NAPSA)—'Tis the season for New Year's resolutions. After the hustle and bustle of the holiday season, those resolutions often focus on simplifying lifestyles. And, with heart disease being the No. 1 killer of women, resolutions about health and fitness often find their way to the top of the list.

Here are a few tips on how to keep those promises from the American Heart Association's Simple Solutions program. This free program—sponsored by the California Walnut Commission—helps women make simple lifestyle changes to reduce their risk of heart disease and stroke.

The program provides participants with a series of communications—including healthy recipes, and nutrition and exercise tips—that reinforce the idea that you can live a healthy life by taking one simple step each day.

“By following the easy tips offered in the Simple Solutions program, women have manageable ways to make positive lifestyle changes,” says Julie Moran, former Entertainment Tonight host and Simple Solutions spokeswoman.

Here are a few examples:

- Write physical activity “appointments” into a daily planner or computer schedule.

- Take the stairs whenever possible. Each flight—about 10 to 12 steps—burns 10 calories.

- Don't stay in your office for eight hours straight. You need at least two 15-minute breaks throughout the day. Take five of those 15 minutes to walk or do stretches.

- Bad weather? No problem! Go to your local mall and walk rapidly from one end to the other several times.

Women can enroll in the free Simple Solutions program by calling 1-888-MY-HEART or logging on at www.americanheart.org/simple-solutions.