



WOMEN'S HEALTH

“Take 10” For A Healthy Heart

(NAPSA)—A woman can reduce her chances of having heart disease—a leading killer of women—no matter how busy she is or where she lives. To do so, she needs to “Take 10” for herself and her health every day. That means ten minutes of exercise, ten minutes of planning a healthful menu, and ten minutes for stress-reducing activities. How to do that is part of *Take 10 for Your Heart*, a new public education campaign from the National Women's Health Resource Center (NWHRC).

Take 10 for Your Heart will help women everywhere improve their heart health with practical information, tips and tools to reduce their risk of heart disease and stroke. It is made possible by the NWHRC, the nation's leading independent source of health information for women.

Unique to *Take 10 for Your Heart* is “Women's Heart Health Essentials.” A card the size of a driver's license, it unfolds to an information sheet with the basics of heart health including a “Take 10” list for heart healthy eating and exercise. With information on warning signs of heart attack and stroke, and space for emergency medical information, it is an indispensable addition to every wallet or purse.

“Medical research shows that even a short ten minutes of healthful activity can have a long-term effect on your health,” according to Amy Niles, president and CEO of the program's organizer, the National Women's Health Resource



Center (NWHRC). “More women die of heart disease than any other cause. African-American and Hispanic women have the highest risk of death from heart disease but know less about the risk factors. And, more women than men die of stroke. That's why our focus is on getting women everywhere to “take 10” for their health and their heart.”

Lifestyle changes can make a difference in a woman's risk for heart disease. *Take 10 for Your Heart* shows how. Online at www.healthywomen.org, the NWHRC Web site, the *Take 10 for Your Heart* kit has fact sheets, “Take 10” lists for healthy eating and exercise, guides to understanding why blood pressure and cholesterol are important as well as lists of questions women can use during visits with their health care professionals.

Women can order “Heart Health Essentials” by calling 1-877-986-9472 or by visiting www.healthywomen.org.