

Live Life With Heart

(NAPSA)—Girls' nights with your old college roommates. Long weekends with the grandkids. Holidays with the *entire* family. Date night *alone* with your husband. It's moments like these that warm the heart and make life so special. And it's moments like these that make you realize how important it is to keep your heart healthy.

When it comes to heart health, it's about small, simple steps that add up to daily feelings of accomplishment. Smart Start cereal is empowering women to take charge of their heart with its new Smart Start Strawberry Oat Bites cereal, which contains whole-grain oats, potassium and low-sodium, ingredients that promote heart health.* A healthy diet, together with simple, everyday lifestyle changes, give women ways to get one step closer to a strong heart.

"Heart health is a journey that requires people to set their own goals and define success for themselves," said Jennifer Garrett, Ph.D., director of nutrition marketing, Kellogg Company.

Smart Start's Strawberry Oat Bites cereal is one easy step along the way to accomplishing those goals.

Do It With Heart

Heart-health expert Dr. Suzanne Steinbaum urges women to take an active role in their heart health.

"Small changes to promote heart health can add up to big results. And you don't have to go out of your way to make these small changes. You'd be surprised at how many heart-health activities you can easily incorporate into your daily routine," Steinbaum said.

In addition to eating a heart-healthy breakfast, you can also take simple steps to make your heart one activity stronger:

** Diets low in saturated fat and cholesterol that include 3 grams of soluble fiber per day from rolled oats may reduce the risk of heart disease. One serving of Smart Start Strawberry Oat Bites provides 1 gram of this soluble fiber. Diets containing foods that are a good source of potassium and low in sodium may reduce the risk of high blood pressure and stroke.*



Everyday lifestyle changes, including a nutritious breakfast, can help promote heart health.

- **All the world's a gym.**

Become one chore stronger, you choose how. Dance around the house for a few minutes while you're dusting or do some lunges while you're vacuuming.

- **Put some muscle into it.**

Replace your electric mixer with a whisk and stir as fast as you can until the job's done.

- **Take a friend.** Whether it's a girlfriend or a furry friend, enlisting the help of someone else is a great way to get motivated. Ask your girlfriend to go on a walk with you. Don't have that much time? Give Fido a break and fetch the paper yourself!

- **Play time.** Whether it's hopscotch or kickball, don't be afraid to join in on the fun with your kids or grandkids.

- **Just keep moving.** Take the stairs, park farther away from the store, keep moving, keep breathing...just keep going.

For more information, visit www.SmartStart.com.