



**Choose To Move** is the American Heart Association's FREE 12-week physical activity program for women. The program emphasizes exercising regularly, eating healthfully, loving your body, selecting nutritious foods and taking time for yourself. Over the course of the 12-week program, participants will learn how to change their behaviors to incorporate these healthy habits into their life. To access **Chose to Move**, go to:

<http://www.s2mw.com/choosetomove/>

**Delicious Decisions** is the American Heart Association's FREE link to nutrition information, healthy recipes, and tips for shopping, eating out and snacking. This resource can provide you the tools and information you need to improve your diet. To access **Delicious Decisions**, go to:

<http://www.deliciousdecisions.org/>

**Simple Solutions** is a FREE education and awareness program that helps women reduce their risk for heart disease and stroke. by raising women's awareness that heart disease is their greatest health threat and giving them tips to use in their daily routines to reduce their risk. To access **Simple**

**Solutions**, go to: <http://www.s2mw.com/simplesolutions/>

**The Cholesterol Low Down** is a FREE education and awareness program that helps men and women educate themselves about high cholesterol and heart disease and encourages them to work with their doctors to identify and control their risk factors. Participants receive free educational materials throughout the year including **The Cholesterol Low Down** brochure; a health-risk checklist; the American Heart Association's Low Fat Favorite recipes cookbook, an online risk assessment program, and a newsletter.

To participate in the **Cholesterol Low Down** program, just call **1-800-AHA-USA1 (1-800-242-8721)** or visit [www.americanheart.org/cld](http://www.americanheart.org/cld)

For more **Go Red for Women** merchandise, check out the Go Red for Women shop online at: [www.shopgored.com](http://www.shopgored.com)