
CHOOSE TO MOVE®

How Do I CHOOSE TO MOVESM at Home?

Choose To Move is the American Heart Association's physical activity program created just for women. About 480,000 American women die each year from cardiovascular disease, including stroke. Staying physically fit can help you feel better and live longer.

Heart disease is the No. 1 killer of women every year; stroke is No. 3. And while reducing this risk by increasing your activity is the best thing you can do for you and your family, it seems that women often put their health last after work and family. But incorporating physical activity into your everyday life doesn't have to be hard. Choose To Move can help you find simple, effective ways to move more!



How do I create time for me?

We all feel like we are running out of time. But in this demanding world, you can still find — or make — time for yourself.

- Schedule a meeting with yourself.
- Learn to say “no” to requests that will interfere with your health commitments.

- Delegate chores to other family members to free up time.
- Turn off the TV and get outside for a walk!
- Do at least 30 minutes of physical activity on most days of the week.

How do I stay motivated with all my other responsibilities?

Not being physically active is a cardiovascular risk factor like having high blood pressure, high cholesterol, or smoking. If you had any of these other risk factors, you would take the necessary steps to improve your health. So why is being physically inactive any different?

Putting yourself first doesn't mean you love your family less, or that you can't spend time with your kids. Help your family understand that getting fit is good for

everyone. And incorporate your loved ones into your new routine — get creative and try something new!

- Take your kids to the park and play with them, instead of watching them.
- Learn to inline skate, bike, swim — you get the picture.
- Check out your community parks and resources.
- Go online and search for activity groups in your city.

How can I manage my weight?

Fast-food restaurants are on every corner, and they are convenient for families on the run. Learn to make healthy choices at home and at restaurants.

- Remember — just say no to super-sizing!
- Review the food listings for nutrition content. Pinpoint the healthiest choices.

- Steer clear of dressings, sauces and cheeses. The calories add up quickly!
- Choose healthy side items like salads and fruit instead of fries.
- Or plan ahead by packing a handful of almonds in a baggie with a salt-free seasoning blend for extra flavor.

How can I learn more?

1. Learn how to increase your physical activity by making life-changing choices. Join Choose To Move (it's free!) and get physically fit in just 12 weeks. Call 1-800-AHA-USA1 (1-800-242-8721) or visit www.americanheart.org/choosetomove.
2. To learn more about heart disease and risk factors call 1-800-AHA-USA1 (1-800-242-8721), or visit www.americanheart.org.

3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit www.strokeassociation.org.

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so *Learn and Live!*

What are the warning signs of heart attack and stroke?

Heart Attack Warning Signs:

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- **Chest discomfort**
- **Discomfort in other areas of the upper body**
- **Shortness of breath with or without chest discomfort**
- **Other signs including breaking out in a cold sweat, nausea or lightheadedness**

Stroke Warning Signs:

- **Sudden weakness or numbness of the face, arm or leg, especially on one side of the body**
- **Sudden confusion, trouble speaking or understanding**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble walking, dizziness, loss of balance or coordination**
- **Sudden, severe headache with no known cause**

Learn to recognize a stroke. Time lost is brain lost.

Call 9-1-1... Get to a hospital immediately if you experience signs of a heart attack or stroke!

Do you have questions or comments for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your healthcare provider.
