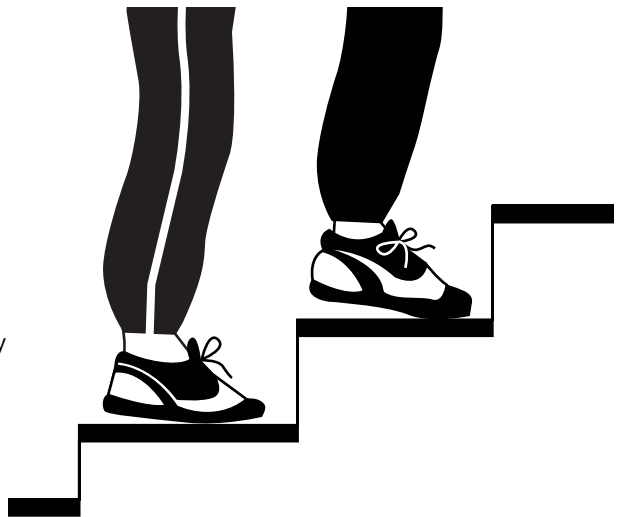


## How Do I CHOOSE TO MOVE<sup>SM</sup> at Work?

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Being healthy is good for you and your employer. Reducing your medical costs by decreasing your risk factors is a bonus everyone deserves! Americans spend hours sitting at their desks every day — think of all that time that you can use to become healthier.

Choose To Move is the American Heart Association's physical activity program created just for women. About 461,000 American women die each year from cardiovascular disease, including stroke. Staying physically fit can help you feel better and live longer.



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### How do I get active at work?

Many workplaces are starting to offer work-site wellness programs. Contact your Human Resources department to find out if any programs are available such as on-site workout facilities, walking trails or reimbursement for gym memberships.

There are other opportunities to incorporate physical activity at work as well.

- Swap out your chair for a balance ball.
- Get an exercise band and do resistance training at your desk.
- Stand up throughout the day.
- Instead of a smoking break, take a walking break. Kick the habit and get in shape.
- Skip the elevator and take the stairs.

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### Buddy up with co-workers!

Find a co-worker who would like to become more fit and get active together. You are more likely to succeed if you have a support system.

- Grab a pedometer or a watch and map out a walking trail. It can be throughout your office, up and down the stairs, or along a path outside.

- Make an appointment to take a walk before work, during lunch or after work.
- Inspire and reward each other!

## What are good snacking choices?

We all need a little mid-afternoon pick-me up now and then. And it's OK! You need to keep your energy up; just make sure to choose foods with the nutritional value you need.

- Pack a snack each night, such as a handful of almonds with a salt-free seasoning blend.

- Skip the candy bars and salted chips at the vending machine and go for the low-salt pretzels.
- Stock your office with fresh fruits and veggies.

## How can I learn more?

1. Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721) or visit [americanheart.org](http://americanheart.org) to learn more about heart disease.

3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit [StrokeAssociation.org](http://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?

### Warning Signs of Heart Attack

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**

### Warning Signs of Stroke

- **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?

Take a few minutes to write your own questions for the next time you see your doctor. For example:

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Your contribution to the American Heart Association supports research that helps make publications like this possible.

The statistics in this sheet were up to date at publication. For the latest statistics, see the *Heart Disease and Stroke Statistics Update* at [americanheart.org/statistics](http://americanheart.org/statistics).

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*Learn and Live.*