

BPW-KY: Central Region Heart Health!



Western Diets

According to a study reported in *Circulation*, a journal of the American Heart Association, women who follow a traditional "Western" diet of red and processed meat, refined grains, fries and sweets may increase their risk of cardiovascular disease.



Prevention

For physical activity, think walking, jogging, cycling or dancing with someone you love.

For a healthy diet, think whole grains, delicious fresh fruits and more.

For reducing stress, think of taking time for your favorite hobby or celebrating your "unbirthday" with your best friend.



Take the GoRed Heart CheckUp

Join 915,485 other women and take the Heart CheckUp. You'll know your numbers and help us reach our goal of 1,000,000 women informed about their heart health!

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

Remember, heart disease is the number one killer of women each year, but with your help, we can eliminate this deadly epidemic. Knowledge, prevention, and the proper steps will make for a healthier 2008!

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