

Women are speaking up about the No. 1 killer of women -- heart disease. The good news is that by taking action, we can beat that statistic.

There are so many ways you can become an advocate of women's heart health. Taking care of you is the first priority. Get empowered with the facts, find a community of support, make healthy changes to your diet and exercise. Start with the Heart CheckUp. Then speak up to your doctor about having a blood screening.

Spread the word to those you love -- your neighbor, your friend, your mother or sister. When you speak up, you help save their lives. Go to www.heart.org/lafayettegored to see stories of detection and survival in women just like you.

Mark your calendar
Go Red for Women Luncheon
Thursday, March 1, 2012
10:00am - 1:00pm
Lafayette Hilton
1521 West Pinhook Road
Lafayette, LA 70503

Purchase tickets online www.heart.org/lafayettegored
or call Deborah Pierce at (337) 316-0951
Tickets are \$50 each

Weeks Eleven & Twelve:
Nutrition Strategy: Tackling the Top Three

There are three areas of your life that are key to ensuring that you keep the habits you've started over the last ten weeks.

- Grocery Shopping. You must stock your kitchen with foods that support your health and leave those tempting foods that sabotage your goals out of the house. The American Heart Association has helped with this by supporting those foods that meet the AHA standards for heart health. Click here <http://www.americanheart.org/presenter.jhtml?identifier=2115> to learn where to find the AHA Heart-Check Mark foods and to create a grocery list packed with those foods that support your goals.
- Cook with a healthier lifestyle in mind. This requires making adjustments to your current recipes and learning how to prepare different foods that can provide you with more nutrients that support your heart health. Click here <http://www.americanheart.org/presenter.jhtml?identifier=3071606> to get more information on modifying recipes and making wise choices in your kitchen. One of the most important things to do when trying to eat healthier is to eat less processed foods and prepare foods in your own kitchen.
- Choose healthy foods when eating out. Making poor decisions when you eat out can totally wipe out your extra time in the gym. Click here <http://www.americanheart.org/presenter.jhtml?identifier=3071609> to learn more about how to eat out with family and friends without sabotaging your heart health efforts.

These tools are available to you long after the KATC Go Red program comes to a close. Use them when you need help, support or motivation – that's what it's there for.

