

Did You Know...

that Pittsburgh is the **4th** least heart-healthy city in America?

Crystal McCormick, Angela Ford, Sally Wiggin, Judy Olson, Nikki Coffee, Jean Ferketish, Carol Mohamed



Photo courtesy of EventuresLive

PITTSBURGH



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60% of Pittsburgh women are overweight
20.2% of women smoke
61% do not reach recommended exercise levels

Women are dying every day from heart disease. One in three women has some form of cardiovascular disease. In Pennsylvania alone, 65 women die each day of heart disease or stroke.

The American Heart Association wants to help Pittsburgh women build healthier lives. Education and healthy lifestyle changes are two of the best ways to decrease your chances of dying from heart disease, or to decrease the chances of losing someone you love. The Go Red for Women Conference is the perfect opportunity to learn what you can do for you!

Go Red for Women Conference.
Learn what you can do for you!
March 9, 2010

Renaissance Hotel and Byham Theater
Registration and Health Expo begin at 2:30 p.m.
www.heart.org/PittsburghPAGoRedLuncheon



GoRedforWomen-Pittsburgh



How Healthy is Your Heart?

Heart Health through food

- How much fat are you eating?
- Are you salting your food?
- How much are you eating?

Heart Health through activity

- How much do you walk? Use your pedometer!
- Forget the elevator – take the steps!
- Lose the remote and get off the couch!
- Find an exercise partner!

Heart Health through good habits

- Read food labels – know what you're eating!
- Avoid smoking and second-hand smoke – quit now!
- Identify a medical home and go regularly – at least twice a year!
- Know your lab work – blood sugar, cholesterol, blood pressure!

Heart Health through normal blood pressure

- Know your blood pressure – keep it below 130/85!
- If hypertensive – take your meds every day!
- Know your family history

~**Jeannette E. South-Paul, MD,**
Andrew W. Mathieson UPMC Professor and Chair
University of Pittsburgh Department of Family Medicine



It is all about moving! Taking the stairs instead of the elevator – even if it is five flights. Parking as far away as time allows, and walking to your destination. Walking your dogs, instead of just putting them out in the yard. Get on the treadmill when you watch TV, or just walk in place.

~**Sally Wiggan, WTAE-TV anchor**



Women are still the nutrition gatekeepers in most homes but managing the food and nutrition “gate” can result in ignoring personal needs. So plan for preventative maintenance with exercise, heart-healthy food choices, and whatever it takes to release the stress of being a gatekeeper! Heart health begins at the gate!

~**Judith L. Dodd, MS, RD, LDN**



Heart Disease runs in my family. That is reason enough for me to be to more aware of how important it is to treat my heart and my body with a little TLC. I made a giant step 20 years ago and cut red meat out of my diet. My diet now consists of plenty of fresh fruits and vegetables, whole grains and low fat dairy products. My focus is now on my exercise program and within the next year, I hope to be able to complete a half marathon. Oh boy!

~**Cris Winter, On-Air Personality, WISH 99.7**

Be Heart Healthy Emotionally and Physically.



To me, it is important to be healthy emotionally as well as physically.

- Do unto others, as you would like others to do unto you.
- What goes around, comes around.
- Stay balanced in all areas of your life
- Drink water and then drink some more water.
- Wear 3-inch heels, they make you feel better!!
- Walk wherever and whenever possible, including steps.

**~Agnus Berenato, Head Coach,
Pitt Women's Basketball**



Take a moment, and think about the special women in your life – your mother, your sister, your wife, your daughter, your friend. They do so very much for you – now you can do something for them! Ask the women you love to care for their hearts. Encourage them to eat healthy, exercise, stop smoking, know their cholesterol and blood pressure numbers, visit their doctors regularly, and just take time for themselves. What a wonderful way to tell these precious ladies how much they mean to you!

**~The Honorable Judy Olson,
Superior Court of Pennsylvania**



Schedule after dinner walks with your family – more than just exercise, this is a great way for extra quality time. Take the stairs rather than the elevator – A little change to your routine will go a long way. Try a new healthy recipe each week. Enjoy new foods and establish a family favorite.

~Mike Logan, On-Air Personality, 1250 ESPN Radio



Obtain a heart health screening. Screenings are available in most places for free. We held our first-ever Maggie Dixon Heart Health Fair in October. The event included free heart screenings for the general public.

Learn CPR and how to use an AED machine. All of our players are required to learn CPR and use an AED machine. You never know when something might happen. It's a great skill to have.

Eat a healthy diet. Limit unhealthy fats and cholesterol. We always make sure to engage our student-athletes in the process of healthy eating habits. We also have a nutritionist talk to our team before every season about the benefits of eating healthy.

~Jamie Dixon, Head Coach, Pitt Men's Basketball



It is my hope that my success can motivate and encourage women to take control of their lives and start making healthier choices by starting to choose to be a BetterU. I feel the best I've ever felt. I want to set new goals daily, weekly and monthly—and consistently achieve them.

~Maria S. Allshouse, CFT, ISSA

BETTER U, BETTER PITTSBURGH

Although largely preventable, heart disease remains the No. 1 killer of women in the U.S. That's why the American Heart Association's Go Red For Women® is inviting women across the country to listen to their hearts and turn their personal choices into life-saving action – to choose to be a BetterU! Go Red BetterU is not about fad diets and new exercise trends, but rather a program that focuses on skills and information that help today's busy women lead their own lives, only better. Go Red BetterU is a 12-week online program at GoRedforWomen.org.

Fewer than half of American women maintain a healthy weight, keep a heart healthy diet and get regular physical activity. Furthermore, millions of women struggle to get motivated to begin a health regimen, feeling they are too tired or just don't have time. Powered by the American Heart Association's research, Go Red BetterU provides guidance to help women transform their overall health through small, simple choices. Go Red BetterU gives women the choice to achieve a noticeably better state of well-being and heart health in just 12 weeks.

For more information about Go Red For Women, the Go Red BetterU program or to download the Go Red BetterMe Coaching Tool, please visit GoRedForWomen.org.

BetterU
THE *GO RED* MAKEOVER THAT CAN CHANGE YOUR LIFE



We are proud to support the American Heart Association Go Red for Women by providing the design of this insert.

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