



Patient Information

Choose to Move

Nearly half a million women die each year from cardiovascular disease, according to the American Heart Association. It's important for everyone — and especially women — to stay physically fit. Doing so helps you feel better and live longer. Getting moderate to vigorous activity for at least 30 minutes on most days of the week is best.

This handout provides tips from the American Heart Association to add physical activity at home, at work and during travel, as well as some information about Choose To Move, a free physical activity program created just for women.

At Home

With their numerous household and family duties, many women believe they don't have enough time to stay physically active. But there are many simple ways to make time for physical activity at home:

- Learn to say no to requests that interfere with your health commitments.
- Assign chores to other family members to make free time.
- Turn off the TV so that you can get outside for a walk.

It is important to stay motivated to exercise, even though you may have other commitments at home. Help your family understand it is important for everyone to stay fit. When you take your kids to the park, play with them instead of watching them. And check out other community parks and resources, or go online to search for activity groups where you live.

At Work

How can you stay physically fit if you are sitting at a desk all day? Here are some ideas:

- Trade your chair for a balance ball.
- Take the stairs instead of the elevator.
- Buy an exercise band and do resistance training at your desk.
- Take walking breaks instead of smoking breaks.
- Find a coworker who also wants to become more fit. You can map out a walking trail and schedule a time to walk before work, during lunch or after work.
- Contact your human resources department to find out whether

your employer offers a work site wellness program.

Also, be sure to keep healthy eating habits at work, especially with snacking. Avoid candy bars and salted chips in the vending machines. Choose healthy snacks like fruit, yogurt or a handful of roasted almonds.

While Traveling

For some women, traveling may be stressful and lead to weight gain and less physical activity. Don't let this happen to you! If you are in the airport, don't just sit around. Stand up and do calf raises or stretches, and take walks around the terminal.

When you're on vacation, follow these healthy tips:

- Walk rather than ride to see the attractions. You can even take a walking tour, which is a great way to sightsee and be physically active at the same time.
- Rent a bike or take a bike tour.
- Spend time in the fitness room in your hotel, or check the TV to see if the hotel offers workout shows in the privacy of your own room.
- Make sure to pack healthy snacks for the road, such as bite-sized vegetable and fruit pieces.

The 12-Week Program

The American Heart Association's Choose To Move program is a free 12-week program to help women of all ages and lifestyles achieve 30 minutes of moderate-intensity physical activity most days of the week.

This type of activity includes brisk walking, gardening, bicycling and raking leaves. The step-by-step program also helps women incorporate a heart-healthy diet into their lives, find new opportunities and resources for physical activity in their neighborhoods and cities, and learn strategies to help begin and increase their regular physical activity.

If you're interested in starting the program, contact Choose To Move for your free handbook. The handbook is available in an online version and also by calling the American Heart Association directly. Join Choose to Move by calling (800) AHA-USA1 (800-242-8721) or by visiting www.ChooseToMove.org. ❖

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CHOOSE TO MOVE

The American Heart Association's Choose To Move program
is a participant in the Choose To Move program

Additional Notes:
