Keep the Chorus Singing!

Let’s keep our hearts in harmony, through healthy living!

Congratulations on taking the steps to learn about Heart Health and Stroke Prevention!

We want to thank you for being welcoming to our idea. Our mission is to help communities learn as much as they can about healthy living and prevention.

Heart Disease is the leading cause of death among men and women in the United States and we are on a mission to make communities aware of this.

As natural leaders of the church, we believe that you will be able to motivate the rest of your church to keep their hearts in harmony with you!

We promise to make this a fun and interesting experience for you.

Remember, we are here to support you and answer your questions. This is not a strict diet and exercise program!

“We are in this together! For the sake of our health, rather than our vanity!”
Why are YOU keeping your heart in harmony?

We all have different reasons for wanting to keep our hearts healthy.

Some people might have loved ones who passed away because of heart disease.

Others might be motivated because they might have been told by a doctor that their health is at stake.

Whatever YOUR reason for keeping your heart healthy is, it is a great start!

The next step is to stay motivated. A good way to do this is by writing down what your motivation for healthier living is.

Hang it up somewhere you will see it everyday. It will help you in sticking to your plan and meeting your goals!

With 2010 finally here, there is nothing better than starting the year off with a healthy goal and a strong heart!

Remember, there are risk factors you CAN control. Your heart will thank you!

Do you know the warning signs?

**Blood Pressure**—Less than 120/80

**Cholesterol**—Less than 200

**Waist Size**—Less than 35 inches for women and 40 inches for men.

**Quitting smoking**, **maintaining a healthy weight** and being active 30 minutes or more daily, will lower your heart attack risk!

*Picture created by the REACT campaign.*