

Good Samaritan Health and Wellness Center

Heart Smart for Women

Heart Smart is a twelve week, grant supported*, behavior change program proven to help women (and now men!) reduce the risk factors of heart disease. Classes meet once a week for 12 consecutive weeks.

Participants get the tools, skills, knowledge and support needed to increase activity, make better food choices, improve time management skills and reduce stress. Although this is not an exercise or weight loss program, many past participants have improved their cardiovascular fitness and lost weight during the 12 weeks.

Participants receive a companion book, a pedometer, self-monitoring tools, and have access to fitness professionals. Participants are expected to attend a minimum of 10 sessions, including the first and the last class, to ensure that the terms of the grant are satisfied. Also available are optional screenings such as weight, height, blood pressure, waist and hip measurements and before and after photos.

Start Date	Day of Week	Time	Instructor	Location
February 05, 2010	Friday	6:30PM-7:30PM	Larry Love	DuPage AME Church 4300 Yackley Ave Lisle, IL 60532-1163

Registration: Call the Church Office at 630-969-9800

Fee: Free to Church members.

*The grant covers women participants only. This activity is made possible through Illinois General Revenue funding administered through the Office of Women's Health (OWH), Illinois Department of Public Health, and the Cooper Institute for Aerobics Research (licensed owner of the program materials). Good Samaritan Health and Wellness Center, through the Advocate Charitable Foundation, received a grant from the OWH. Collaborators include Midwest Heart Community Foundation, First Church of Lombard, DuPage Medical Group, American Cancer Society, Faith Evangelical Lutheran Church in Glen Ellyn, DuPage AME Church in Lisle, Colleen Kordish, RN, and Anne Polacheck, Advocate Fitness.

Women who completed the *Heart Smart for Women* program have words of advice for those who are thinking about enrolling in the September *Heart Smart for Women* classes.

Barb S. – It's great having such positive weekly support. Even small changes in diet and activity make a big difference! The *Heart Smart* group of women were very supportive and shared many helpful nutritional ideas.

Deborah C. – The information will influence positive change in your life.

Donna G. – Don't just think about it; join and you will be glad you did. The class gave me motivation. I still continue to walk, which is the best for me, along with trying to eat healthy, and feel good and lots healthier.

Elaine L. – Definitely go to all the classes. Very interesting. Have not gained any weight since this program. Gave me a lot of information on taking control of my life. Everyday I make sure I have some time for myself.

Grace I. – Small changes are very important; they add up quickly to permanent change.

Lorraine E. – *Heart Smart for Women* provides information which encourages awareness, motivation, new goals and results. Go for it ... each week is a learning experience!

Lucia S. – It's a process. The sooner you get started on your heart health, the sooner you will feel better. Even though small steps lead to small changes, the end results are heart healthy accomplishments.

Marie O. – *Heart Smart* provides an essential support group and great friends!!

Marilyn N. – Great class. Once pointed out, it was easy to see that exercise could be incorporated into every day life. I now exercise every day and I eat smaller meals and healthier snacks.

Mary N. – I made lasting changes. I read food labels (even my husband does now); I incorporate more fruits and vegetables into the food I prepare; snacks are healthy. It goes on and on, benefit-wise. Today I walked a mile!

Pat M. – Tiny steps can make a mile walk! Be patient. Persevere. I'm still reading food labels. :-) Today I worked out!

Patricia P. – I would suggest that every woman take the *Heart Smart* course. For myself, it made positive changes in how much better I feel and how I spend my time. It has made me a happier, healthier person. My husband has benefited also. Thanks to all of you who made it possible.

Rosemary L. – Do not give up – everyone fails now and then. You can do it ... it's work making changes! Your family and you will benefit from a healthy active you.

Sally W. – Keep trying. When you cheat or don't do it, start again the next day. You are worth it!! It's for you!

Sandy S. – I appreciated the support of the group in sharing nutrition tips and being able to check in each week and either keep on track or get back on track.

Sarah O. – I'm more aware of factors that influence my heart health and am better able to get back on track when I slip. The pedometer is especially helpful.