

*For every hour you exercise you extend your life at least two hours.*

Bite off more than you can chew, then chew it. FRIENDS ARE MORE IMPORTANT THAN MONEY

# Heart Disease is the #1 Killer of Women. Join Our Red Scarf Heart Health Challenge!

## February is American Heart Month

Heart disease is the leading killer in the United States. The purpose of American Heart Month is to increase public knowledge of various cardiovascular diseases and promote prevention heart disease by encouraging heart-healthy habits.

## The Challenge

Buy a red scarf and wear it during the month of February. Take active steps this month to learn about your own heart health, and develop techniques to maintain a healthy heart.

Challenge women you know and care about to commit to the challenge too.

## Other online resources for heart health:

[www.americanheart.org](http://www.americanheart.org)

[www.americaonthemove.org](http://www.americaonthemove.org)

[www.goredforwomen.org](http://www.goredforwomen.org)

## Wear a Red Scarf, Support Heart Health for Women

A woman can wear it on her purse, backpack or gym bag. She can tie it to her baby stroller or her dog's collar. She can give it to a man to hang from his rear view mirror or tuck it in his shirt pocket. Kids can wrap them on their bike handles or display them in their school locker. Wherever it is spotted, the red 2010 women's heart health scarf is a reminder for all women to gain control of their heart health.

This year women are being asked to "go!" Go see your provider. Go find out your cholesterol and body mass index. Go out and do something with your health information and make healthy choices for your heart. Each bandana-style scarf sells for \$5 and is available throughout February at the Olympic Medical Center Foundation and participating local businesses in celebration of National Heart Month.

## Red Scarf Sponsors

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If we could package the benefits of one exercise session in a pill it would be the most widely prescribed pill in the nation!

*Have heart for your heart. Sweat once a day and smile! **Quiet the inner critic.***

## Change Your Ways in 21 Days

Love Yourself! Make healthy choices a habit. Whether you want to be more physically active, improve your eating habits or stress management, make a better choice for your heart. Choose something specific that better your health: drink six glasses of water a day, take a 15-minute walk during your lunch break, take the stairs at work, eliminate sweetened beverages, meditate 10 minutes after work or take advantage of the fun, free offers below. Whatever you decide, do it for 21 days and make it stick! For more information on healthy choices for 21 days, please log on to [www.olympicmedical.org](http://www.olympicmedical.org) and click on News & Events.

### Contact Information

Name:

Phone #:

Email:

Congratulations for starting the 21 Day Heart Challenge!  
Enter the drawing by March 1st. Prizes displayed on [www.olympiccellars.com](http://www.olympiccellars.com)

### February 2010

| Sun | Mon   | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | It's Simple... Just make a check mark on the days you made a healthy choice. It doesn't matter when you start... challenge yourself for 21 days. You can do it! |     |     |     |     |     |

Contact the following wellness participants for more details:

- **Clallam County Family YMCA** | 302 S. Francis Street, Port Angeles | [www.ccfymca.org](http://www.ccfymca.org) | FREE 21-visit punch pass for anyone in the community.
- **Renaissance** | 401 Front Street, Port Angeles | [www.Renaissance-pa.com](http://www.Renaissance-pa.com) | For the month of February, three heart healthy workshops will be offered: walking, strong to the core and strong woman. Sign up for all three workshops and receive a free one-hour Swedish massage. Sign up with a friend and receive a free pot of heart-healthy green tea for two after each class.
- **Fitness West** | 116 W. 8<sup>th</sup> Street, Port Angeles | [www.fitness-west.com](http://www.fitness-west.com) | FREE 12 one-month memberships for 12 lucky ladies starting February 1<sup>st</sup>. Come in for details.
- **Anytime Fitness** | 112 Del Guzzi Drive, Port Angeles | 10131 Old Olympic Hwy., Sequim | 28 days free. Pay a \$39 deposit refundable after 15 visits. Use it or lose it... Designed to help you succeed. Trainer orientation included. Come as you are even if it's just 10-15 minutes (no need to change clothes... just bring comfortable shoes). In addition five complimentary hydromassage sessions!

**Fax or drop this page at Olympic Cellars by March 1 and be entered for the 21 Day Heart Health drawing. Prizes awarded on March 5th! Fax 360-452-3782**