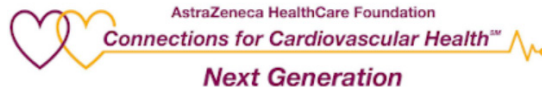




Healthy Eating | Active living | Reduce stress | Test your numbers



ATTENTION GARY, EAST CHICAGO, AND HAMMOND RESIDENTS!



WHAT IS THE H.E.A.R.T PROGRAM?

Community Health Worker will communicate with client in home, office or other location to check BP, weight and BMI and provide education on: know your numbers, low sodium diet, move more, eat healthy, proper rest, etc., provide appropriate referrals and encourage participation in Eating Healthy, Being Active classes.

Eating Smart, Being Active Classes – 6 Sessions Include:

- Get Moving!
- Plan, Shop, \$ave
- Fruit & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Go Lean with Protein
- Build Strong Bones
- Make a Change
- Celebrate! Eat Smart and Be Active

**Participation incentives include:
gas cards, bus passes and more!**



OUTCOMES

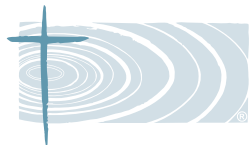
Clinical

- Improve Blood Pressure numbers
- Lower weight/BMI numbers
- Improve cholesterol numbers

Behavioral

- Increase servings of fruits/vegetables to minimum 2 per day
- Increase physical activity to minimum of 60 minutes per week
- Increase knowledge of cardiovascular risks
- Practice stress management minimum of 3 times per week

Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

For more information contact Diane Daniels:

PHONE 219 844-2698 Ext. 116

FAX 219-844-2702

EMAIL ddaniels@hvusa.org

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