



**FOR IMMEDIATE RELEASE**

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## **Resolutions to Realities**

*Choose To Move digital desktop calendar can help women achieve health goals in 2006*

DALLAS, Dec. 26 – This time — you swear — those New Year’s resolutions you set on Jan.1 will be year-long realities: Eat healthy. Exercise regularly. Visit the doctor annually.

If you are faltering already, you can stay on top of those resolutions by keeping track of it all with the **Choose To Move** Digital Desktop Calendar — available free online throughout 2006.

The new calendar tool is part of the American Heart Association’s **Choose To Move** 12-week program that helps busy women learn how to live healthy by incorporating physical activity and a flavorful and healthy diet into their lives — without creating new routines that take a lot of time and money.

“For women who want to get back or stay on track with their health, the calendar is a great tool,” said Rita F. Redberg, M.D., M.Sc., professor of medicine in the cardiology division at the University of California-San Francisco National Center of Excellence in Women’s Health.

“It’s easy to use. It’s informative and inspirational. And it will help keep women

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accountable to reaching their health goals.”

By participating in **Choose To Move**, each month participants will receive an e-mail with a link reminding them to download the next month’s interactive computer wallpaper calendar.

Each month’s calendar will allow them to:

- Enter and print your daily fitness accomplishments in terms of amount of time or distance per week based on a dropdown of activities.
- Enter and print your daily food intake.
- Print a report of your accomplishments.
- View daily tips on nutrition and physical activity and inspirational quotes. Tips such as:
  - Focus on specific, realistic short-term goals that you can add to each week to keep yourself motivated. Reward yourself as you reach your daily/weekly goals.
  - Be conscious about what you eat. If you tend to grab a candy bar on the run, plan ahead. Carry a healthy snack, such as a handful of roasted almonds, fruit or a homemade snack mix made with a salt-free seasoning blend.
  - Get your spouse to go on a play date with you. Fitting in fitness is great for togetherness, plus you have the added benefit of extra time to discuss everyday life and future plans.

Regular physical activity and healthy eating can help you live a longer and healthier life and significantly reduce your risk for heart disease and stroke, which kills almost half a million women in American each year.

**Choose To Move** is part of the American Heart Association's **Go Red For Women** national movement that raises awareness that cardiovascular disease is the No. 1 killer of women and helps you take steps to prevent it. You can register by visiting [americanheart.org/choosetomove](http://americanheart.org/choosetomove) or calling 1-888-MY-HEART (1-888-694-3278).

The Almond Board of California and the Mrs. Dash brand sponsor **Choose To Move**.

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Since 1924 the **American Heart Association** has helped protect people of all ages and ethnicities from the ravages of heart disease and stroke. These diseases, the nation's No. 1 and No. 3 killers, and other cardiovascular diseases, claim over 910,000 American lives a year. The association invested more than \$439 million in fiscal year 2003–04 for research, professional and public education, and advocacy so people across America can live stronger, longer lives.

The **Almond Board of California** is a sponsor of the American Heart Association's **Choose To Move** program. The Board administers a grower-enacted Federal Marketing Order under the supervision of the U.S. Department of Agriculture. Established in 1950, its charge is to promote the best quality almonds, California's largest tree nut crop. For more information on the Almond Board of California or almonds, visit [www.AlmondsAreIn.com](http://www.AlmondsAreIn.com).

The **Mrs. Dash** brand is a sponsor of the American Heart Association's **Choose To Move** program. Every product from Mrs. Dash is made with a unique combination of 14 natural herbs and spices that's salt-free with no MSG. Mrs. Dash 10-Minute Marinades are the latest addition to the Mrs. Dash family of products. Visit [mrsdash.com](http://mrsdash.com) for hundreds of delicious low-salt recipes.