

FOR IMMEDIATE RELEASE

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Six steps to Energize Your Life and Health

DALLAS, January 7, 2002 – Feeling stressed out and run down? You are not alone. Today's women often feel burned out by daily demands from family, career and social commitments.

Don't put your own health at risk through lack of physical activity and poor nutrition because you simply don't have the time or energy. Get a much needed energy jump-start with the American Heart Association's free **Choose To Move** program.

Choose To Move sponsored by Bayer Aspirin, maker of the new Bayer Women's Aspirin Plus Calcium, is the American Heart Association's 12-week physical activity program created especially for busy women. **Choose To Move** helps women recognize small, manageable changes that are easy to fit into their lifestyle according to individual schedules. No gym membership or expensive equipment is required. Learn how to increase your physical activity and how to make wise nutrition choices without adding to the stress of "one more thing or task to do." Join this free program by calling **1-888-MY-HEART** or www.choosetomove.org.

Women can start today with these six simple steps:

1. **Get moving.** Increase your physical activity and you'll increase your energy level. Strive for a total of 30 minutes, most days of the week. Walk, ride a bike, garden, dance, use the stairs – it all counts! Find more ideas through the American Heart Association's free Choose To Move program. Join by calling **1-888-MY-HEART** or www.choosetomove.org.
2. **Eat healthier.** Choose foods low in saturated fat, cholesterol and salt. Eat more fruits and vegetables. Drink water each day and avoid sugared soft drinks. Don't skip meals. Limit your alcohol consumption to one drink per day.
3. **Live smoke-free.** If you smoke, take steps to quit. Talk to your doctor or nurse about medication, patches and gums that can help, as well as support groups.
4. **Always take all medicines exactly as prescribed.** Never miss a dose or stop taking it because you feel better.
5. **Don't forget to visit your doctor for regular checkups.**
6. **Empower yourself.** Take an active role in improving your fitness and accept responsibility for the outcome of your decisions. Start by joining the American Heart Association's free Choose To Move program. Join by calling **1-888-MY-HEART** or www.choosetomove.org.

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The goal of the **Choose To Move** program is to help women gain increased energy by encouraging them to be physically active for at least thirty minutes most days of the week. Lack of physical activity and poor diet are known risk factors for developing cardiovascular disease, the number one cause of death for women. Side benefits include increased energy levels, improved self-image, reduced stress and a personal sense of well being.

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About the American Heart Association:

The American Heart Association spent about \$382 million during fiscal year 2000-2001 on research support, public and professional education, and community programs. Nationwide, the organization has grown to include more than 22.5 million volunteers and supporters who carry out its mission in communities across the country. The association is the largest nonprofit voluntary health organization fighting heart disease, stroke and other cardiovascular diseases, which annually kill about 960,000 Americans. For more information about heart disease and stroke, call 1-800-AHA-USA1 or visit our Web site at americanheart.org.

About Bayer Aspirin:

The American Heart Association supports the use of aspirin along with a regimen of diet, exercise and smoking cessation to reduce the risk of recurrent heart attack and stroke. Bayer Aspirin maker of the new Bayer Women's Aspirin Plus Calcium is proud to sponsor the American Heart Association's Choose To Move physical activity program for women.