

Healthy Heart

Healthy Heart is a self-paced, educational program designed to help you make wise choices about everyday behaviors and lifestyle changes. The program includes a *Guide to a Healthy Heart*, a *Healthy Heart Yoga* booklet and a *Guided Meditation CD*. The program explains heart disease and your risk factors, helps you begin stretching and strengthening exercises, and gives you techniques to deal with the stressors in your life.

Yoga

Yoga can make a real difference in your heart health by strengthening your body, relaxing you mentally and physically, and allowing you to better manage your stress reactions. The *Healthy Heart Yoga* DVD is for people who want to maintain their cardiovascular health. It is intended for those who are capable of moderate physical activity. And *the Healthy Heart Chair Yoga* DVD is intended for people who need stretching and strengthening exercises yet have difficulty getting up and down from the floor.

Guided Meditation – A Journey Toward Health

This CD offers another stress management technique. The music and words invite you to experience a 20-minute retreat from everyday stressors. Give yourself the gift of peace, calm and tranquility.

Eating for Life

"Eating for Life" program is a DVD and workbook program for adults to learn about healthy eating and exercise. Dietary and activity goals are created on MyPyramid.gov and participants track their progress online. Topics of the DVD chapters include: evaluating calories and nutrient needs, weight management, physical activity, dietary fat, sodium and carbohydrates, reading food labels and more.

Get Off Your Butt: Stay Smokeless for Life - Tobacco Cessation

This CD and work book program helps you learn about nicotine addiction and effective ways to control the dependency/addiction. Participants are also provided ongoing support and encouragement, including phone consultation, to support their commitment to quit using tobacco.

WalkAbout with Healthy Edge

WalkAbout with Healthy Edge is a six-month program that promotes walking to increase physical activity throughout the day. By wearing a pedometer, participants can measure their steps and work towards a goal of 10,000 or more steps per day. Participants keep a daily log of their steps, which they submit monthly, and receive periodic mailings during the program.

Call [1-800-736-8272](tel:1-800-736-8272) to request these programs
For more information go to www.optimahealth.com/mylifemyplan