

## NAVIGATING THE AMERICAN HEART ASSOCIATION WEBSITE AT [www.heart.org](http://www.heart.org)

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- **NUTRITION: HEALTHY EATING GUIDES AND HEART HEALTHY RECIPES**
  - Find overall nutritional guidelines and resources at [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center\\_UCM\\_001188\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp)
  - Learn how to recognize and reduce sugar in your diet [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Sugars-Added-Sugars-and-Sweeteners\\_UCM\\_303296\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Sugars-Added-Sugars-and-Sweeteners_UCM_303296_Article.jsp)
  - Celebrate National Eating Healthy Day on Wednesday, Nov. 4, 2015 at <http://www.heart.org/nationaleatinghealthyday>
  - Take the pledge to reduce the sodium you eat at <http://sodiumbreakup.heart.org/>
- **PHYSICAL ACTIVITY: HOW TO GET ACTIVE AND STAY MOTIVATED**
  - Find overall fitness guidelines and resources at [http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity\\_UCM\\_001080\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp)
  - Register at <http://www.startwalkingnow.org/> to gain access to our suite of free tools that promote healthy living
- **HEALTHIER KIDS: HEART HEALTHY PROGRAMS AND ACTIVITIES FOR KIDS**
  - [http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids\\_UCM\\_304156\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp)
- **WEIGHT MANAGEMENT: HOW TO LOSE WEIGHT THE HEALTHY WAY**
  - [http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Weight-Management\\_UCM\\_001081\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Weight-Management_UCM_001081_SubHomePage.jsp)
- **STRESS MANAGEMENT: HOW TO TAKE CONTROL OF YOUR STRESS**
  - [http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management\\_UCM\\_001082\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp)
- **WORKPLACE WELLNESS: GET FIT-FRIENDLY AT WORK!**
  - [http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/Workplace-Wellness\\_UCM\\_460416\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/Workplace-Wellness_UCM_460416_SubHomePage.jsp)
- **QUIT SMOKING: WHY YOU SHOULD QUIT SMOKING AND HOW YOU CAN DO IT**
  - [http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking\\_UCM\\_001085\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp)

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### *Group-Specific Resources*

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- **STUDENTS**
  - For the Classroom: Lesson plans and activities for elementary and middle school students
    - [http://www.heart.org/HEARTORG/Educator/FortheClassroom/For-the-Classroom\\_UCM\\_001115\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Educator/FortheClassroom/For-the-Classroom_UCM_001115_SubHomePage.jsp)
  - For the Gym: Jump Rope and Basketball training activities and games
    - [http://www.heart.org/HEARTORG/Educator/FortheGym2/For-the-Gym2\\_UCM\\_001117\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Educator/FortheGym2/For-the-Gym2_UCM_001117_SubHomePage.jsp)

■ **STUDENTS (CONT.)**

- Jump Rope For Heart Information and Registration
  - [http://www.heart.org/HEARTORG/General/For-Students-Jump-Rope-For-Heart\\_UCM\\_312511\\_Article.jsp](http://www.heart.org/HEARTORG/General/For-Students-Jump-Rope-For-Heart_UCM_312511_Article.jsp)
- Hoops For Heart Information and Registration
  - [http://www.heart.org/HEARTORG/Giving/ForSchools/HoopsForHeartEvent/Hoops-for-Heart-Event\\_UCM\\_315630\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Giving/ForSchools/HoopsForHeartEvent/Hoops-for-Heart-Event_UCM_315630_SubHomePage.jsp)
- Red Out Information: Create a design for next year's shirt and submit your entry by April 4<sup>th</sup>.
  - [http://www.heart.org/HEARTORG/Giving/ForSchools/RedOutEvent/Red-Out-Event\\_UCM\\_457501\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Giving/ForSchools/RedOutEvent/Red-Out-Event_UCM_457501_SubHomePage.jsp)

■ **CHURCHES:**

- Join our EmPowered to Serve Faith-Based Health Community and connect with other individuals and organizations to improve health in multicultural communities.
  - <http://empoweredtoserve.heart.org>
- Power To End Stroke: Resource center for preventing and coping with Stroke
  - <http://powertoendstroke.org/>

■ **COMPANIES: HOW COMPANIES CAN CONTRIBUTE AND BE A PART OF THE AMERICAN HEART ASSOCIATION'S 2020 GOAL**

- [http://www.heart.org/HEARTORG/Giving/ForCompanies/For-Companies\\_UCM\\_001140\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Giving/ForCompanies/For-Companies_UCM_001140_SubHomePage.jsp)

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*Workplace Wellness Resources*

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■ **OUR HEALTHY WORKPLACE FOOD & BEVERAGE TOOLKIT PROVIDES WAYS THAT COMPANIES CAN DEVELOP A CULTURE OF HEALTH ON-THE-JOB AND SPECIFIC HOW-TO'S TO HELP EMPLOYEES GET HEALTHIER**

- Register for your toolkit by clicking on the red "Get the toolkit now!" button located at the end of the article.
  - [http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Healthy-Workplace-Food-and-Beverage-Toolkit\\_UCM\\_465195\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Healthy-Workplace-Food-and-Beverage-Toolkit_UCM_465195_Article.jsp)

■ **WORKPLACE WELLNESS GUIDE FOR ORGANIZATION LEADERS**

- [http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Workplace-Wellness-Guide-for-Organization-Leaders\\_UCM\\_460427\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Workplace-Wellness-Guide-for-Organization-Leaders_UCM_460427_Article.jsp)

■ **GET EMPLOYEES MOVING**

- [http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Get-Employees-Moving\\_UCM\\_460430\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Get-Employees-Moving_UCM_460430_Article.jsp)