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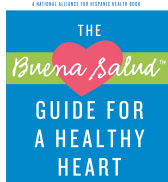
Buena Salud™ Club
1-866-783-2645

February is American Heart Month

While heart disease is the number one cause of death for all of us – Hispanics, non-Hispanics, Latinos, and Latinas - there are things we can do to prevent it. Heart disease rarely develops suddenly, and in most cases evolves over time. To have a healthy heart, we need to exercise more and make better food choices. Take the steps to move your life in a heart healthy direction.

Tip of the month.

Ten minutes of exercise three times a day is a good way to start.



JANE L. DELGADO, PH.D., M.S.
FOREWORD BY JOHN C. LEARN, M.D.,
CEO OF THE AMERICAN COLLEGE OF CARDIOLOGY

Learn more. As our gift to you, be one of the first 100 callers to the Buena Salud™ Club at 1-866-783-2645 (toll-free) and receive a FREE copy of *The Buena Salud™ Guide for a Healthy Heart*. You can also get answers to all of your questions, and we can even help you find a health care provider where you live!

National Alliance for Hispanic Health - www.hispanichealth.org



CALL 1-866-783-2645
TO TAKE ADVANTAGE
OF THIS SPECIAL OFFER
TODAY!

National Alliance for Hispanic Health
1501 16th St. NW
Washington, DC 20036-1401

10-Point Program for Health

1. Stay away from smoke and toxic air.
2. Keep moving.
3. Eat and drink for a healthy heart.
4. Get enough sleep.
5. Nurture healthy relationships.
6. Have a regular source of health care.
7. Keep a health journal.
8. Cherish your spiritual life.
9. Take your medications.
10. Listen to your body.

Adapted with permission by the author from the *Buena Salud*[™]
Guide to a Healthy Heart (Newmarket Press, 2011).
Available in bookstores nationally and online retailers
including amazon.com and barnesandnoble.com.