



HeartLinks/Walk for Healthy Living Sample Chapter Programs and Activities Promoting Physical Activity and Healthy Eating

EASTERN AREA

Arlington (VA) Chapter

To increase physical activity and promote healthy lifestyles in the battle against heart disease, the Arlington (VA) chapter used incentives such as screenings, giveaways, gift cards, and prizes consisting of gift bags with “healthy” cookware, utensils, cookbooks, salt-free spice/herb samples, recipes and cooking demonstrations, and fitness wear

Asheville (NC) Chapter

The chapter engaged program participants in group discussions, screenings, healthy smoothie demonstrations, dancercise, and physical exercise demonstrations.

Brooklyn (NY) Chapter

Conducted the sessions, “Know Your Risk for Heart Disease” and “Take Good Care of Your Diabetes for Life” from the With Every Heartbeat Is Life curriculum; These sessions incorporate information related to physical activity.

Rancocas Valley (NJ) Chapter

The chapter worked with its target group on a healthy lifestyle demonstration of portion control along with My Plate incentive gifts.

Roanoke (VA) Chapter

The chapter instituted learning sessions for program participants highlighting the benefits of nutrition, diabetes, physical exercise/fitness, sports medicine, cooking demonstrations, and healthy meals and snacks.

Syracuse (NY) Chapter

To promote healthy lifestyles, chapter activities included a healthy cooking demonstration, dissemination of American Heart Association’s Healthy Soul Food Recipe cookbooks.

Washington (DC) Chapter

The focus of the event was to bring to the community heart health awareness, health screenings, and healthy food samples – the events were billed as a “Taste of Nutrition” and a 5K walk. The chapter also conducted “Knowledge is Power: Know your Risk for Heart Disease,” “Help your Heart: Control Your Blood Pressure,” “Act in Time to Heart Attack Signs,” and “Get Energized! Say Yes to Physical Activity”.



CENTRAL AREA

Lansing/East Lansing (MI) Chapter

Conducted “Know Your Risk for Heart Disease” and “Act in Time: Heart Attack Signs”. These sessions incorporate information related to physical activity. The activities gave program participants convenient and filling heart healthy meals.

Nashville (TN) Chapter

To connect with program participants, the chapter used a personal chef for cooking demonstration, personal trainer at each session, a walking program, and incentives, such as workbook with handouts, water bottles, tote bags with educational materials & T-shirt.

Oakland County (MI) Chapter

The chapter provided the target group with opportunities to get their exercise in by walking and even had a Tai Chi instructor. Chapter members were encouraged to take part in healthy activities such as the 5000 steps challenge and Heart Walk. Members took a walking pledge and prizes were given to the member with the most miles each month.

Omaha (NE) Chapter

The chapter, with its community partners, used rewards and incentives of cookbooks pedometers, water bottles, exercise bands to encourage program participants to increase physical activity and lead healthy lifestyles.

Toledo (OH) Chapter

The chapter increased the physical activity of its target group by introducing a 12-week exercise program at a local church. The chapter also conducted the With Every Heartbeat Is Life sessions, “Knowledge Is Power: Know Your Risk for Heart Disease”, “Help Your Heart: Control Your High Blood Pressure”, “Embrace Your Health! Aim for a Healthy Weight” and “Make Heart Healthy Eating an Everyday Family Reunion”.

Topeka (KS) Chapter

The chapter networked and partnered with community health partnerships to conduct “Knowledge is Power: Know Your Risk for Heart Disease” and “Get Energized! Say Yes to Physical Activity”. The chapter co-sponsored “Art of a Healthy Heart” and sponsored the “Girls on the Run” 5K and half-marathon.

Youngstown (OH) Chapter

Program activities for the chapter’s target group included CPR training, stress reduction, Brown Bag venue, food preparation and HeartLinks displays intended to motivate the group to attend the sessions and make lifestyle changes.



SOUTHERN AREA

Augusta (GA) Chapter

Conducted stress management session, Family Y “Team Lean” health related workshops and exercise classes, “With Every Heartbeat Is Life” sessions, and a Women’s Heart Health Workshop.

Birmingham (AL) Chapter

Conducted “Know Your Risk for Heart Disease” and “Act In Time: Heart Attack Signs” from the “With Every Heartbeat Is Life” curriculum. These sessions incorporate information related to physical activity.

Brunswick (GA) Chapter

Conducted Know Your Risk for Heart Disease; Act in Time: Heart Attack Signs; & Say Yes to Physical Activity from the With Every Heartbeat Is Life curriculum. These sessions incorporate information related to physical activity.

Greater Miami (FL) Chapter

Conducted “Know the Risk for Heart Disease” and “Act in Time: Heart Attack Signs”. These sessions teach target groups the importance of physical activity in the fight against heart disease.

Mississippi Delta (MS) Chapter

Presented information from "With Every Heartbeat is Life" curriculum; Conducted “Knowledge is Power – Know Your Risk for Heart Disease” and “Help Your Heart – Control Your Blood Pressure”, “Community Health Partnerships”. These sessions highlight the importance of physical activity in the race to decrease the prevalence of heart disease.

WESTERN AREA

Beverly Hills West (CA) Chapter

Conducted all sessions from “With Every Heartbeat Is Life” including Session 3- Get Energized! Say Yes to Physical Activity & physical activity.

Missouri City (TX) Chapter

Coordinated healthy lifestyle activities through music lyrics in English and Spanish. Provided target group with healthy lunches and snacks.

Phoenix (AZ) Chapter



Conducted Knowledge is Power & Eat in a Heart Healthy Way from the With Every Heartbeat Is Life curriculum.

Tacoma (WA) Chapter

The chapter implemented the “Knowledge Is Power: Know Your Risk for Heart Disease” and “Help Your Heart: Control Your High Blood Pressure” sessions from the With Every Heartbeat Is Life curriculum. Additionally, to promote healthy lifestyles, the chapter put on a commercial preparation of Heart Healthy Vegetable Stew recipe from the With Every Heartbeat is Life Curriculum.

Texas Spring Cypress (TX) Chapter

The chapter instituted strategies and incentives such as heart-healthy lunches and instruction from physicians, mental health professionals, chefs, physical therapists and nutritionists. Sustained HeartLinks activities include sessions emphasizing heart-healthy diet and the continuation of the walking/exercise group