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Healthier Lifestyle Challenge Application

Thank you for considering participating in the Go Red for Women Luncheon's Healthier Lifestyle Challenge!

The Healthier Lifestyle Challenge is a 12 week program designed to help individuals achieve personal health and wellness goals as well as educate the community on the importance of knowing your risk factors for heart disease and stroke.

We are searching for 25 candidates to represent the American Heart Association and Go Red for Women movement.

The guidelines for the challenge are as followed:

Each participant will be asked to do the following:

- *Submit the attached application. **Application Due Date: November 30, 2009***
- *Permission to use your bio which will be submitted to local media to be used as feature stories around Go Red for Women and the Luncheon.*
- *Educate yourselves on the Go Red For Women movement (fact sheets and key messages will be provided).*
- *Act as a media spokesperson for the American Heart Association*
- *Take on a 12 Week fitness and nutrition program*
- *Schedule blood pressure, cholesterol tests with personal physician*
- ***Attend and participate*** in the annual Go Red for Women, Healthy Lifestyle Challenge Luncheon program, scheduled on **May 5, 2010** at Hart's Hill Inn in Whitesboro.

Application can be returned to the American Heart Association by:

- Mail: The American Heart Association 120 Lomond Place, Utica NY 13502
- Fax: 315-732-6563
- E-Mail: heartofutica@heart.org

If you have any questions or concerns, please feel free to contact the American Heart Association at 315-266-5403.

Again, thank you for supporting the American Heart Association and its mission to build healthier lives free of cardiovascular diseases and stroke.

Go Red for Women
Healthier Lifestyle Challenge Application
Application Due Date: November 30, 2009



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- 1. Name: _____
- 2. Mailing Address: _____
- 3. Phone Number(s): _____
- 4. Email Address: _____
- 5. Age: _____
- 6. Are you a smoker? _____
- 7. How did you hear about the Healthier Lifestyle Challenge? _____
- 8. Have you attended the Go Red for Women Luncheon in the past? Yes/No
- 9. Do you know your numbers: Yes/No (*Cholesterol Levels, Blood pressure, Waist-to-Hip Ratio?*)
- 10. Do you visit a physician regularly for check-ups? Yes/No
- 11. Are you a survivor of heart disease or stroke? (*Provide details*)

- 12. Have any of your family members experienced heart disease or stroke? (*Provide details*)

- 13. What is your current exercise schedule? (*Describe activities and approximate frequency*)

14. Do you feel that you have any physical limitations that may prevent you from participating in any type of physical activity?

Yes/No; explain: _____

15. Select the race/ethnicity with which you most closely identify with (Optional)

- African American/Black American Indian/Alaskan Native
 Asian Caucasian/White
 Hispanic/Latino Pacific Islander
 Other

16. Are you comfortable with sharing your progress with the American Heart Association to be combined with other participants and shared with the public? **No individual or exact numbers will be used. Y/N

17. Explain briefly why you would like to participate in the Healthier Lifestyle Challenge and what do you hope to achieve with your participation?

18. What results would you like to achieve from being involved in this program?

19. Rank the following fitness and nutritionist program you would most prefer:

_____ **Fitness Mill Gym Membership:**

Located in New York Mills and hosted by owner Al Calogero, you will have access to a state of the art fitness facility. Al will design a fitness routine personalized for you incorporating a variety of cardio and weight training techniques. You will have access to fitness equipment, weights and pre-scheduled aerobic, boot camp or spinning classes. Additionally Pat Palmisano, Nutritionist at Blue Cross Blue Shield, will offer guidance on healthy eating practices and provide nutritional tips to guide you to a healthy lifestyle. For more information log on to www.fitnessmillny@homestead.com

_____ **Next Level Membership:**

Located on River Road in Marcy, Owner Steve Krebs will guide you to a heart healthy lifestyle by designing a fitness program specific to your needs. Steve offers a women's only personal training boot camp class that is achievable for most any current fitness level. Classes are held 5 days a week and are aimed at core strengthening results. Steve also provides a monthly meal plan specifically designed to achieve weight loss and overall fitness results. For more information log onto www.nxtleveltraining.com

_____ **MVCC Wellness Programs**

You will work with your mentor to select up to 3 classes offered by the Wellness program. Everything from Yumba, to swimming classes to aerobics is offered either at the MVCC campus in Utica, or the Jewish Community Center on Oneida Street, Utica. This program also offers the ability to select any of the healthy food preparation courses such as: "Healthy Appetizers and Desserts" This exciting program is totally designed by you peaking your interest in living a heart healthy lifestyle. For more information log on to www.mvcc.edu.cced

_____ **YMCA:**

Located in Oneida and Rome the YMCA of the Greater Tri-Valley offers access to cardio equipment, free weights, circuit weights, group exercise classes that includes Zumba, Spinning, Yoga, Step, Pilates, deep water jogging, water aerobics and more. All group exercise classes are already scheduled at pre-determined times and days. You will also have access to our pool, steam room, sauna and racquetball courts. Your YMCA fitness experts will work with you to design a schedule that will allow you to achieve heart healthy fitness results through a consistent exercise program. For more information log on to www.ymcatrivalley.org

_____ **Walking Group:**

This program is designed for the participant that wants to incorporate walking as the main option for living a heart healthy lifestyle. Walking at least 30 minutes per day 4-6 days per week can significantly improve your overall health and wellness. For 12 weeks your mentor will work with you to design a schedule that is achievable both time and fitness wise, as well as provide opportunities to walk together as a group and discuss achievements. Additionally Pat Palmisano, Nutritionist at Blue Cross Blue Shield, will offer guidance on healthy eating practices and provide nutritional tips to guide you to a healthy lifestyle.