



# WISEWOMAN UPDATE

October 2007

## The Mysterious Human Heart

**The Mysterious Human Heart**, airing in October on PBS, is a new in-depth, comprehensive television series from award-winning filmmaker David Grubin about the heart: how it works, what can go wrong with it, and how we treat it.

The series pays special attention to women and minorities, who have their own unique risks and symptoms, but who have traditionally been neglected when it comes to information about heart health.

Each of the series' one-hour segments focuses on a different aspect of what we thought we knew, what we know now, and what we're on the verge of learning about the heart.

### 1) Endlessly Beating – October 15 at 9:00 pm

This hour examines the heart as a muscle – pumping almost 100,000 times a day, pushing six liters of blood in a ceaseless circuit to deliver oxygen to every cell in the human body.

### 2) The Spark of Life – October 15 at 10:00 pm

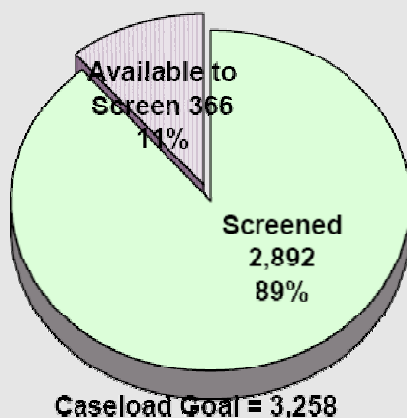
This segment looks at the physiological electrical mechanisms that keep a heart beating regularly and efficiently – and what happens when this most essential rhythm of life goes awry.

### 3) The Silent Killer – October 22 at 9:00 pm

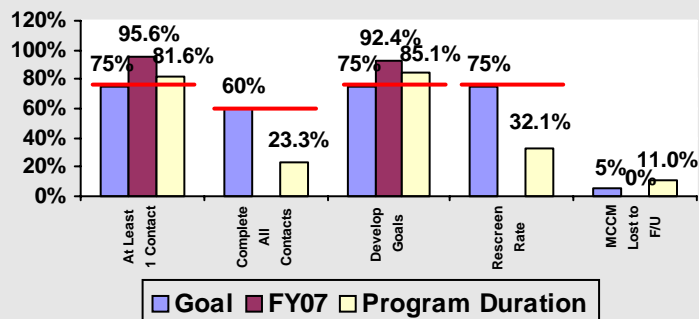
This program focuses on atherosclerosis, the silent blockage of the coronary arteries that can trigger a devastating and possibly fatal heart attack.



## Stats At-A-Glance



### WISEWOMAN Program Indicators





LEARN HOW TO  
LIVE FAT-SENSIBLY

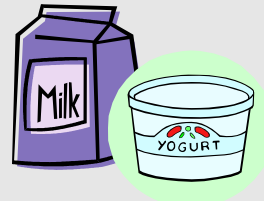
Are you confused about the four types of fat in foods: trans, saturated, monounsaturated, and polyunsaturated? Which should you limit or avoid? Which foods contain good fat and which contain bad fat? How much fat should you eat each day?

If you answered YES to any of the questions above, please visit [www.americanheart.org/facethefats](http://www.americanheart.org/facethefats) for a crash course on everything you need to know about fats.

The **My Fats Translator** calculates your daily calorie needs, recommended total fat intake, and limits for saturated and trans fats.

The **Live Fat-Sensibly** section has cooking tips from celebrity chef Alton Brown and information on healthier snacks, reading food labels, eating out, fast foods, cooking, and fat-sensible substitutions.

## Fruit Smoothies



Fruit smoothies are a quick, refreshing, and tasty way to increase your calcium and fiber at the same time. There are lots of ways to make a fruit smoothie. You can mix and match from the three groups below until you find the smoothie that is just right for you and your family.

### Choose ½ cup of a fruit

- Bananas
- Strawberries
- Peaches
- Blueberries
- Nectarines
- Mangoes

### Choose 1 cup of a base

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Frozen juice concentrate
- Frozen fruit
- Ice cubes

### Choose ½ cup of a liquid

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice

### Directions

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will make enough for two people. If there are more than two of you, you can make twice as much.



## Ten Easy Ways to Downsize Serving Sizes

Everywhere you eat these days, food portions are bigger than they used to be. Fast food meals, quick-serve eateries, elegant restaurants, supermarkets, and even cookbooks – they all serve larger portions and contribute to the expanding waistlines of Americans.

Here are 10 simple ways to change how much you eat without giving up any of your favorite foods:

- 1. Think before you order:** Planning ahead is always smart. Think about how hungry you actually are. Think about sharing with a friend. Think about taking half home.
- 2. Just say no:** Fast food “value” meals may sound like a good deal, but they serve up more calories, fat, and sugar than you need. So, say “no thanks” to the combo offers.
- 3. Swap super-size for smart size:** Order a regular burger, fries, and soft drink and you can enjoy half the calories of the super/biggie/mega-size meal!
- 4. Share a “biggie” size item:** There is a smart way to make mega-portions work for your health (and wallet) – share! Split an order of fries to cut calories and save money.
- 5. Save calories with a kiddie meal:** Here is another simple way to save money and improve drive-thru nutrition (plus you might get a cool toy, too!).
- 6. Order an appetizer as an entrée:** Appetizer portions are often exactly the right size and a lot less expensive than a full meal in a fancier restaurant.
- 7. Savor an entrée twice as much:** Eat half of your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
- 8. Share a dessert:** Any menu item can be shared – entrees, salads, sandwiches – and, best of all desserts. With a shared sweet, you eat your cake and eat healthy, too.
- 9. Switch to power beverages:** A simple switch to low-fat milk or water can cut calories quickly. If you choose a soft drink, go with the small plus a large ice water.
- 10. Enjoy new healthful options:** Many chains are responding to consumer demand with new options like combo meals featuring sandwiches, side salads, and bottled water.



# Ten Ways to Fit Fitness into Every Day

## 1. Put on some comfortable shoes

Feet were made for walking. With comfortable shoes on yours, you'll be ready to fit more walking into your life: at least 30 minutes a day, at least 10 minutes at a time.

## 2. Put on a pedometer

These tiny step-counters are rapidly becoming today's most important piece of fitness equipment. While there is no "magic" number of steps, 10,000 per day is a great goal.

## 3. Put on some music

Hate to exercise? How about dancing? Your favorite tunes – softly on headphones or loudly in the living room – can help you pick up the pace and enjoy moving more.

## 4. Use your legs – instead of the telephone

Need to talk with a co-worker down the hall or a neighbor across the street? Hang up the phone and take a short walk to have your talk. Remember, every step counts!

## 5. Use your legs – instead of the elevator

Need to go upstairs or downstairs? Forget the crowded elevator or the slow escalator! The stairs are an easy (and free) way to build beautiful, strong leg muscles.

## 6. Use your legs – instead of the car

For short errands, walking can be as fast (or even faster) than driving, waiting, and parking. Plan to park in one place and walk to several different stores.

## 7. Fidget more

The experts say it's true – fidgeting burns calories. Forget about sitting still at your desk – wiggle, squirm, stand up, sit down, move around as much as you can.

## 8. Lift more

One easy way to pump up arm muscles is to keep a set of weights (5 to 10 pounds) at your desk, near the TV, or under the couch. Lift while you talk, watch, or read.

## 9. Stretch more

A few good stretches can help relax your body and your mind. You can stretch while working at the computer, watching TV, or even driving a car. Just reach out and stretch.

## 10. Play more

Bounce a ball, fly a kite, swing on a swing, chase a child. There is no end to the fun when you play at getting fit. Need some playful ideas? Just ask your favorite kid!

