

12-Week Healthy Heart Program

Congratulations for completing your Wellness Overview for Women evaluation. You now have a true assessment of your current health and a clear picture of your potential cardiovascular risks. The good news is that with lifestyle modification and aggressive management of each of your cardiac risk factors, heart disease can be prevented, stopped and even reversed. This 12-week program is designed to assist you in reaching your personal and medical goals. Once your goals are met, you will “graduate” to the “Staying Well Maintenance Program” to keep you healthy.

WHAT THE PROGRAM INCLUDES:

- 1) Monthly office visits to review progress with diet and exercise, lab results, and trouble shoot challenges.
- 2) Laboratory testing every 6-12 weeks, depending on treatment plan.
- 3) An outlined diet and exercise regimen.
- 4) Support from a team of professionals at the Gunn Towbin Center.
- 5) Repeat Bodystat test at 12 week intervals to assess progress.

WHAT ARE YOUR GOALS?

- Personal goals:

- Lower cholesterol
 Lower blood pressure
 Lower blood sugar/risk for diabetes
 Lose weight _____ lbs/ _____ weeks/months
 Increase energy level
 Feel healthy

WHAT DO I NEED TO GET STARTED?

- Sign the “Make Wellness Work” contract
 Exercise log
 Dietary journal
 Purchase recommended supplements/vitamins (see bodystat results)
 Schedule follow up appointments



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GUNN TOWBIN CENTER
GYNECOLOGY FEMALE UROLOGY WOMEN'S WELLNESS

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Let's Get Started!

Weeks 1-2:

The first step is a commitment to your healthy program. Take a moment to fill out the “Make Wellness Work for You” contract and set your goals. No matter what is going on in your life, you need to remind yourself of your goals daily and give your health the priority it deserves. Write your goals down and treat them just like any other important appointment you wouldn't miss.

Exercise:

- If starting a new program, start walking (or equivalent aerobic activity) 20 minutes a day, 3 days a week.
- If already exercising regularly, increase aerobic exercise to 30-60 minutes a day, 5-6 days a week.
- Schedule and record your exercise plan on your exercise log.

Diet:

- Review a low saturated fat diet on the American Heart Association web site www.americanheart.org
- Eat breakfast to jump-start your metabolism.
- Aim to eat a “mini-meal” every 3-4 hours.
- Increase water intake. Aim for at least 8 glasses of water a day.
- Review Bodystat results to determine your goal daily caloric requirement.

Start supplements and any newly prescribed medications.

Weeks 3-4:

Exercise:

- Add resistance training, 20 minutes 2 times a week (reduce aerobic exercise on resistance day, if exercising over 5 days/week). Start with one set of 10 repetitions of most of the major muscle groups (see exercise recourses for instruction).
- Increase walking to at least 30 minutes a day, 4 days a week.

Diet:

- Increase fruit and vegetable intake, aiming for 5-7 servings a day.
- Increase fiber intake. Aim for approximately 25g a day.
- Read labels at the market and at restaurants noting saturated fats. (<10-15g/day)
- Incorporate “healthy fats” in your diet such as olive oil, nuts, and fish.

Office Visit @ 4 Week Mark:

- Bring exercise log, and BP measurements (if applicable).
- Review current lab results.
- Adjust/add medications if needed.

Weeks 5-8:

Exercise:

- Increase aerobic activity to 30-60 minutes most days of the week.

Diet:

- Limit added salt and sugar. Replace sodas and fruit juice with water.
- Replace refined carbohydrates with whole grains. Eat brown rice, whole-wheat pasta and whole grain breads.
- Make an extra effort to eat dark, leafy green vegetables.

Add:

- Daily food journal. Keeping a food diary forces you to be aware of what and how much you are eating. It also holds you accountable. Knowing that you have to write something down makes you think twice about eating it.
- Aim for 7-8 hours of sleep/night.
- Initiate smoking cessation program if smoking.
- “Treat” yourself with a non-food reward for your efforts each week.

Office Visit @ 8 Week Mark:

- Bring exercise log, diet journal and blood pressure measurements.
- Review labs.
- Adjust/add medication if needed.

Weeks 8-12:

These weeks will focus on staying motivated. Remind yourself of your goals. Congratulate yourself on the changes you have made and remember it is the small changes that make the difference in the long run.

- Take some time to look back and see what you have accomplished. Note any problems you may be having and ways you can get past those obstacles.
- Note signs of chronic stress such as frequent headaches, muscle aches and moodiness. Schedule time for relaxation, deep breathing, meditation or a massage.
- Add a second set of 10 repetitions to your resistance training.
- Avoid the scale. You may be experiencing shifts in your muscle, fluid and fat composition. We will assess your progress with a BodyStat test.

Office Visit @ 12 Week Mark:

- Repeat BodyStat.
- Review progress, labs, and medication.
- Once goals have been achieved you will “graduate” to the Staying Well Maintenance program to keep you healthy.

You can do this! Give yourself permission to make your health a priority. A majority of medical problems can be prevented with simple lifestyle changes. Empower yourself for a healthy and happy future.