



The Go Red BetterU courses provide guidance to help transform your overall health from the inside out. You'll learn smart strategies and gain new information on improving and maintaining your health, along with the encouragement and advice of online coaches. Each week will focus on a different area to follow for a complete heart makeover. Live longer and stronger by taking 12 weeks to invest in your health. **Our Hearts. Our Choice. Choose a BetterU.**

The Go Red BetterU program offers:

- 12 weeks of step-by-step guidance on becoming healthy
- A downloadable online BetterMe Coaching Tool. You can place it anywhere – your desktop, iGoogle or your blog. BetterMe is nationally supported by Ocean Spray
- 365 daily tips from our expert coaches on nutrition, stress, physical activity and more
- Structured long- and short-term goal setting for you
- Individual journaling capabilities
- A BetterU Forum to connect with other participants
- Healthy recipes to keep you on track

Week 1: Getting Started On A BetterU

Are you ready?

Noticeably better health and heart is possible in just 12 weeks. Start by getting the latest provided facts about women and heart disease. Next, the course will guide you in setting goals and making choices that will lead to a heart-healthy life.

Week 2: Reduce Your Risk Factors

Learn to identify the risk factors of heart disease and what questions you should be asking your doctor about your health. Get quick tips for healthy cooking at home.

Week 3: Stick to Your Plan

By week 3, this starts to feel like a commitment. What may be distracting or slowing you down from reaching for your goals? Set yourself up for success with tools to help track your eating and physical activity, including very helpful tips for eating out.

Week 4: Surround Yourself with Support

Choose to be accountable. Set up your own support system with friends or family to stay on top of your goals. Why are healthy lifestyle choices important to you? Keep those reasons top of mind.

Week 5: Weight Control For Your Heart

Weight loss is a hot topic in our society. Many don't realize that your weight is also a choice. Find out what your healthy weight goal should be and which steps are important to take to reach that goal.

Week 6: Break Through Barriers

Duration and intensity. That's what makes the difference. Get moving. But make every moment worthwhile. Get the most out of your physical activity by balancing between the time you put in and the strength you exude. Also: just because you're at home or work or on the go, doesn't mean you can't still incorporate some workout time. It just takes a little ingenuity.

Week 7: Learn the Truth About Cholesterol

Find out about the sticky situations that uncontrolled cholesterol can cause. Learn what causes high cholesterol and what can you do to stay healthy.

Week 8: De-stress and Be Blood Pressure Smart

Most people with high blood pressure don't know it. That's why it is known as the "silent killer." Get the facts on high blood pressure and learn ways to help control it. One method we overlook is stress management. Choose to follow these tips on stress management so that stress doesn't impact your heart health.

Week 9: Get the Lowdown on Diabetes

What's the difference between diabetes and pre-diabetes? First, determine if either may be impacting your health. What you can do to prevent diabetes before it develops into a life-altering disease? You'll find out during week 9.

Week 10: It's All In The Family (History)

What have you inherited from your family? Your family's history of heart health can be a huge factor in your risk of developing heart disease. This week you'll learn how gender, ethnicity and family history can importantly impact your heart health.

Week 11: Live Smoke Free

If you're a smoker, this may be the week that saves your life. The benefits of quitting smoking start almost immediately. Know the health effects of smoking and secondhand smoke exposure, resources to help smokers quit and ways to help communities go smoke free. Then stop.

Week 12: Pledge for a Healthy Future

The skills and strategies you develop and the changes you make during these 12 weeks are designed to be used going forward, for a lifetime. It's important to build confidence in your ability to reach your goals with preventative strategies in case you need to handle the occasional lapse or a life-changing event. Also: You will learn how you can connect with other health-minded women through other programs offered by Go Red For Women.

Link to the Program: http://www.goredforwomen.org/BetterU/program_overview.aspx