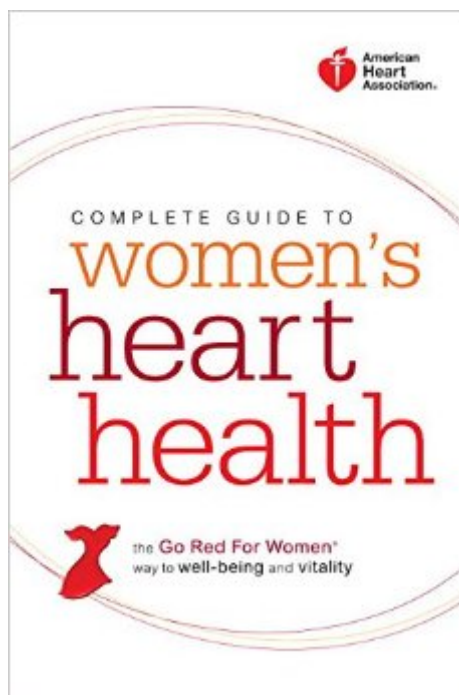


The book was found

American Heart Association Complete Guide To Women's Heart Health: The Go Red For Women Way To Well-Being & Vitality



Synopsis

Heart disease poses the greatest health threat that women in the United States face: One in every three women will die from it each year. But that doesn't have to be the case. Heart disease is not an inevitable part of growing older. In fact, if you reach the age of 50 without developing the major risk factors for heart disease, you can live your entire life without it, and your chances of dying from it decrease from 50 percent to a strikingly low 8 percent. The key to preventing heart disease is embracing a heart-healthy lifestyle—and the sooner, the better. In this groundbreaking book, the American Heart Association shows you how even the smallest changes can make a big difference over time to protect the health of your heart.Â Â The Complete Guide to Women's Heart Health explains how gradual and sustainable shifts in your routine, such as using just a little more than one percent of your time each week to exercise or losing just 10 percent of your body weight, can have a far-reaching impact on your health. With specific pointers on diet, exercise, and health care, this book shows you how to get past the common obstacles as well as how to make taking care of your heart easy and attainable for the busy life you lead, at every age.Â In chapters targeted for every decade of a woman's life from her 20s to her 70s and beyond, the American Heart Association gives women age-appropriate advice on healthy lifestyle choices and heart-health care. Additional information addressing issues of special interest to women and how those issues affect the heart include: Â Â Â Â Â Â Â SmokingÂ Â Â Â Â Â Â PregnancyÂ Â Â Â Â Â Â Menopause and hormone therapyÂ Â Â Â Â Â Â AgingÂ Â Â Â Â Â Â Diabetes and other health conditionsÂ With the latest guidelines on prevention, suggestions on how to work with your healthcare providers to maintain and improve your vitality, details on screening technologies, and facts about common diagnoses and treatment options, this book is the ultimate resource to help youâ and all the women in your lifeâ fight heart disease.From the Hardcover edition.

Book Information

Series: American Heart Association

Paperback: 304 pages

Publisher: Harmony; 1 edition (December 27, 2011)

Language: English

ISBN-10: 0307720594

ISBN-13: 978-0307720597

Product Dimensions: 6 x 0.8 x 9.2 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #1,908,355 in Books (See Top 100 in Books) #98 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #888 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #4499 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

I especially liked how it was broken down by age groups. Not all advice works for every age and I was able to just focus on what I needed to read and know.

An outstanding, comprehensive review and guide on heart health specifically for women. It should be on every woman's desk to refer to frequently. It is on mine now.

This book basically reiterates what you already know about heart health and doesn't add much to the conversation. Unfortunately I had to buy it for a class.

[Download to continue reading...](#)

American Heart Association Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to Health and Well-Being American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition... (Hardback) - Common The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) Rolwing: Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being American Diabetes

Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) American Bar Association Family Legal Guide (third edition): Everything your family needs to know about the law and real estate, consumer protection, ... Association Complete Personal Legal Guide) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Aha Guide to the Health Care Field 2009 Edition: United States Hospitals, Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) Publication Manual of the American Psychological Association (Publication Manual of the American Psychological Association (Spiral) 6th (sixth) edition American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Ukrainian Red Borscht Recipe: Step-by-step Picture Cookbook - How to Make Red Borsch (Red Soup or Borsht)

[Dmca](#)