

## Pink Goes Red!

Sigma Tau Omega Chapter of  
Alpha Kappa Alpha Sorority, Inc.  
Cary, NC



Join Us...

### MAKE IT YOUR MISSION TO FIGHT HEART DISEASE IN WOMEN

Heart disease is still the No. 1 killer  
of women, causing 1 in 3  
deaths each year.

This means women just like you — mothers, sisters,  
friends — are dying at the rate of one per minute. In  
fact, in the time it takes to read this, another woman  
will die from heart disease. It simply does not have  
to be that way. At the American Heart Association,  
we work every day to fund research and fight this  
killer so more women can be saved.

But we need your help.

#### 5 Ways to Love your Heart

1. **Be active:** AHA recommends at least 30 minutes of moderate to vigorous physical activity a day.
2. **Eat smart:** Enjoy a diet low in sodium, saturated fat and trans fat, and rich in fruits, vegetables, fiber-rich whole grains, and monounsaturated fat and polyunsaturated fat.
3. **Evaluate your risk:** Age, gender, race/ethnicity, family history and other medical conditions can all increase your risk of developing heart disease. Know which factors affect you and what you can do to reduce them.
4. **Listen to your heart:** When warning signs pop up, pay attention to them. By visiting a doctor early, your chances of avoiding a serious condition increase.

FEBRUARY 3, 2012.

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*To a woman who Goes Red...*

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