



American
Heart
Association.

Better U™

***BetterU Challenge brought to you through the generosity of
Sally Ross Soter***

Heart disease takes the lives of 1 in 3 women

However, research shows that 80 percent of cardiac events in women are preventable and linked to choices involving diet, exercise and smoking. That's why the American Heart Association's Go Red For Women® is helping women speak up for their hearts and change this statistic by providing more education and resources to live a healthier lifestyle.

The BetterU Challenge provides guidance to help women transform their overall health through small, simple choices. It gives 10 women an opportunity to achieve a better state of well-being and heart health in just 12 weeks.

By participating in the BetterU Challenge, you'll learn smart strategies and gain new information on improving and maintaining your health, along with the encouragement and advice of local 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!

**Interested in becoming a participant?
Read and complete the application by October 1st.**

**For more information, visit our website at pbgored.heart.org
or call us directly 561-697-6683.**

Our Hearts. Our Choice. Choose a BetterU.



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APPLICATION DEADLINE: October 1, 2018

The BetterU Challenge will launch January 2019.

Please either fax the completed form to (561) 688-0613 or e-mail to Krissy.Slazyk@heart.org.

First & Last Name: _____

Employer: _____ Job Title: _____

Address: _____ City, State & Zip: _____

E-Mail: _____ Phone: _____ Date of Birth: _____

Age: _____ Race: _____ Height: _____ Weight: _____ Do you smoke? Y N

ARE YOU A HEART DISEASE OR STROKE SURVIVOR? Y N

Please check any medical conditions you have now or have had within the last five years:

- HEART DISEASE
- STROKE
- HIGH BLOOD PRESSURE
- DIABETES
- HIGH CHOLESTEROL
- OBESITY
- PHYSICAL PROBLEMS (JOINT PAIN, ETC)

OTHER: _____

Will you do the following activities expected from all BetterU participants?

- Get a signed release from your primary medical provider to participate? Y N
- Participate in interactive weekly emails as you go through the BetterU Challenge? Y N
- Sign a photo/video release form for interviews, media, and other promotional purposes? Y N
- Be interviewed by media? Y N

Will you be able to:

- Participate for the entire 12 weeks? Y N
- Attend the BetterU Challenge launch? Y N
- Attend informational sessions hosted by the American Heart Association and its host partners? Y N
- Exercise at least 3 times per week? Y N

Will your employer be aware and understanding of your commitment to the BetterU program? Y N

Please list previous Lifestyle Change/Diet Attempts: _____

Please rate your readiness to change from 1-5:

(1=No interest in making major lifestyle changes, 5=Very ready to make changes necessary to prevent or treat heart disease): _____

What times are best for you to meet with your personal health coach? _____

What 3 things will you hope to accomplish if chosen as a participant in the BetterU Challenge?

1) _____

2) _____

3) _____