

Women Take Heart™

A program of The Hope Heart Institute

Choose from our heart healthy menu items to customize a WTH program that meets your specific needs.

Appetizers

The Heart

Learn the anatomy of the heart, blood vessels, and valuable information about cardiovascular disease.

Prevention

What does stress reduction really mean?
How can I set heart healthy goals?

Main Courses

Fitness Information

Why exercise? What are the health benefits?
How does being physically fit affect my heart?
What types of exercise are there? What type burns the most calories?
What is happening inside my body when I exercise?

Fitness Classes

Choose from these fun interactive classes!
Aerobics, Yoga, Dance, Cardio, Kickboxing

Nutrition

Cooking for your Heart

(Interactive cooking classes)

You are What you Eat

(Nutritional discussion about what happens inside your body when you eat too many calories, fat, sugar, or sodium.)

Let's Eat Out!

(What are the dangers of fast food? How can we control portions, and what we eat on a night out? Provides healthy restaurant list/tips for eating out.)

Dessert

Screenings

Blood pressure, cholesterol, blood glucose,
Body Mass Index (BMI),
and body fat percentage tests.

For more information on how to bring WTH to your group/workplace/church/event, contact Meagan Jepson at mjepson@hopeheart.org or call 425-456-8717

The mission of **The Hope Heart Institute** is serving humanity through cardiovascular research and education. We are dedicated to preventing and treating heart and blood vessel disease, and to improving the physical, emotional and spiritual quality of life for all at risk of - or affected by - cardiovascular disease.