



American Heart Association.



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## Capital Region American Heart Association Better U Program

### Who

We want YOU! The American Heart Association, and our generous sponsors, are seeking applicants for this life-changing challenge. We want applications from women that have a desire to change their lifestyle in order to improve their body and mind to live a healthier life. We will select 12 women to participate in the BetterU Challenge and recognize you at the Capital Region's Go Red for Women Luncheon Thursday, May 16, 2019.

### What

The 12 women selected will participate in a 12-week **HEART HEALTH** program. Participants will work with various community partners to learn to be well from the inside out. The program will include a 12-week membership with a personal trainer from the Capital District YMCA, a nutrition workshop by Price Chopper/Market 32, health screenings, weekly workouts with emotional support, pampering experience by Macy's and complimentary day of event beauty treatment.

### Where

AHA office, 4 Atrium Drive, Albany  
Clifton Park and Guilderland YMCA locations  
SEFCU Headquarters and CAP COM FCU, Albany

### When

Completed applications are due **January 24<sup>th</sup>**. Semi-finalists will be chosen by Feb. 4<sup>th</sup>, followed by interviews Feb. 7<sup>th</sup> - 14<sup>th</sup>. Finalists will be announced by Feb. 15<sup>th</sup> followed by a kick-off event on Feb. 19<sup>th</sup>. The 12-week challenge will launch with the first group workout on February 26<sup>th</sup> and will conclude with the Go Red for Women Luncheon on May 16<sup>th</sup>, 2019.

### Why

Heart disease is the No. 1 killer of women. In fact, 1 in 30 women die of breast cancer, but about 1 in every 3 women will die of heart disease, stroke, and other cardiovascular diseases; 1 every 80 seconds! Despite these staggering facts, only a small percentage of women consider heart disease a health threat. We have set out to change this perception and change these statistics.

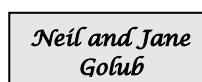
### How

Simply complete application and submit it by **Jan. 24<sup>th</sup> deadline** to:

[heartofalbany@heart.org](mailto:heartofalbany@heart.org) or  
American Heart Association BetterU Program  
4 Atrium Drive, Suite 100  
Albany, N.Y. 12205

**Go Red for Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke. It's time for a BetterU!**

Presenting Sponsor





Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Age: \_\_\_\_\_ Race: \_\_\_\_\_ (optional)

Please list important aspects of your medical history (i.e. heart disease, high blood pressure, arthritis, diabetes, etc.)

\_\_\_\_\_  
\_\_\_\_\_

Yes  No  Has your doctor ever diagnosed you with a heart condition and indicated you should restrict physical activity to that only recommended by a doctor?

Yes  No  Do you feel pain in your chest when you do physical activity?

Yes  No  In the past month have you had chest pain when you were not doing physical activity?

Yes  No  Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes  No  Do you have bone/joint problems that could worsen by a change in your physical activity?

Yes  No  Do you know any other reason why you should not do physical activity?

If any answer was marked yes above, I would be willing to obtain a signed release from my primary medical provider to participate. Yes  No

I am willing to get a physical, including biometric screenings, prior to participating. Yes  No

I am willing to sign a photo/video release form for interviews, media, and other promotional purposes. Yes  No

**Please Note, the American Heart Association will be committing staff, volunteers and donated resources to this program. Please understand if you are chosen for this program that all group sessions are mandatory. Please note below the time commitment requirements for all sessions/events and ensure you are able to participate prior to submitting application.**

- ❖ Kick-off event- Tuesday, February 19, 2019 at 6 p.m. at the AHA Office, Albany
- ❖ Weekly group workout- 5:30 p.m.-6:30 p.m. on Tuesdays at SEFCU gym, Patroon Creek, Albany
- ❖ Minimum bi-weekly documented workouts - per your schedule at YMCA
- ❖ Group workshop with Price Chopper/Market 32 - Thursday, March 7 from 6 p.m.-8 p.m.
- ❖ YMCA group workout - Saturday, March 16 at 8 a.m.
- ❖ Wellness workshop - Saturday, April 6 from 8 a.m.-10 a.m.
- ❖ Macy's Red Dress Day - May 4 from 9 a.m.-Noon
- ❖ Go Red for Women Luncheon - May 16 from 8 a.m.-3 p.m.

What do you think is the biggest challenge you would have to making food modifications?

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What is your healthiest and non-healthy food habit?

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How do you currently learn about food and health?

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Please list any previous diet attempts: \_\_\_\_\_

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Please indicate your current and past activities: \_\_\_\_\_

Weight Training  • Cardio Training  • Yoga  • Pilates  • Dance  • Other (What?) \_\_\_\_\_

How often: \_\_\_\_\_ Do you belong to a gym? Yes  No  If Yes, which one?

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Please rate your readiness to make a major lifestyle change from 1-5

(1—No interest, 5- Let's go!): \_\_\_\_\_

Your current employer/school & role: \_\_\_\_\_

Indicate stress level: High  Medium  Low

Do you smoke cigarettes? Yes  No  If yes, are you ready to quit? Yes  No

Tell us about your goals! What 3 things will you accomplish if chosen as a participant in the BetterU Challenge? **(Please be as specific as possible)**

1) \_\_\_\_\_

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2) \_\_\_\_\_

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3) \_\_\_\_\_

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