

Heart disease is the No. 1 killer of women in the U.S., taking the life of one in three women – almost one woman every minute. However, research shows that 80 percent of cardiac events in women are preventable and linked to poor 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 offering a free online 12-week makeover, Go Red BetterU.

Powered by the science of the American Heart Association, Go Red BetterU provides guidance to help women transform their overall health through small, simple choices. Go Red BetterU gives women an opportunity to Speak Up and achieve a noticeably better state of well-being and heart health in just 12 weeks. Choose to be a BetterU at GoRedForWomen.org.

Locally, White Plains Hospital has agreed to present the BetterU Challenge, a 12-week immersion into the AHA’s BetterU program. Twelve lucky participants will be selected to go through the 12-week challenge. Each participant will receive:

* Baseline, mid- & 12-week medical readings by White Plains Hospital
* 3-month membership to Will2Lose
* Personal training with Will2Lose
* Nutrition advice from Medical Professional
* Supermarket shopping outing
* Group support from other BetterU participants
* The power, resources and tools of BetterU Online.

Participants will be photographed before and after the 12-weeks, interviewed by media, asked to write about their experiences on the BetterU Blog and help us celebrate the program during an unveiling event.

With Go Red BetterU, you’ll learn smart strategies and gain new information on improving and maintaining your health, along with the encouragement and advice of local and online 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 attached application by January 17th, 2013.**

**Our Hearts. Our Choice. Choose a BetterU.**

Presented By:

[](http://sharepoint.heart.org/fda/department/facilities/purchase/Purchase%20Photo%20Album/GRFW/GRFW%20Logos%202011/WP%20LOGO%20HORIZONTAL%20PMS.jpg)

Supported By: 

**\*\*DEADLINE: Thursday January 17th, 2013\*\***

Please either fax the completed form to (914) 640-1285

E-mail to goredwestfair@heart.org

Or mail to: American Heart Association

3020 Westchester Avenue, Suite 100 Purchase, NY 10577

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

Address: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** E-Mail: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Phone Number:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Fax Number **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Date of Birth: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Do you smoke? Y or N Race: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (optional)

Who is your physician/medical group? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

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Would you be willing to get a signed release from your primary medical provider to participate? Y or N

Would you be willing to blog online about your experience as you go through the BetterU Challenge? Y or N

Would you be willing to sign a photo/video release form for interviews, media, and other promotional purposes? Y or N

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 the changes necessary to prevent or treat heart disease): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Will you be able to participate for the entire 12 weeks? \_\_\_\_\_\_\_\_\_\_

Will you be able to attend Thursday January 31th, 2013 for the Kick-Off/Assessment?\_\_\_\_\_\_\_\_\_\_

Will you be available to attend the Unveiling event during the week of April 19th, 2013? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Would you be willing to attend Healthy Lifestyle seminars during work hours approx. 4 hours. (seminars, grocery store tours, cooking demos, etc.)? Yes or No

Will you be available to receive medical evaluation before and after program?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Will your employer be aware and understanding of your time commitment to the BetterU program? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please elaborate if you wish: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

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

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

**In 100 words or less, please describe why you want to participate in the 2013 BetterU Makeover Challenge and why you should be chosen:**

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