

RESOURCES FOR HEALTHY LIVING



HEALTHY FOR GOOD

Join the movement to create lasting change, one small step at a time. You'll get simple, shareable, science-based information, tips, hacks, videos and recipes.

heart.org/healthyforgood



RECIPE HUB

Cooking at home can benefit your health and your budget. Find healthy recipes, cooking tips and skills, videos, articles and much more. Our recipes are simple, nutritious and budget-friendly, with easy-to-follow preparation videos.

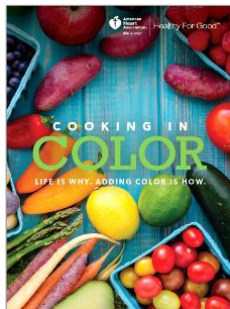
heart.org/recipes



HEART-CHECK

The Heart-Check mark makes it easy to spot healthier choices in the grocery store. When you see the Heart-Check mark, you know the food meets specific nutritional criteria. We also have Heart-Check certified recipes.

heartcheck.org



COOKBOOKS

We have a wide variety of cookbooks and recipe magazines available with everything from quick and easy recipes to special dietary needs such as lowering cholesterol or sodium intake.

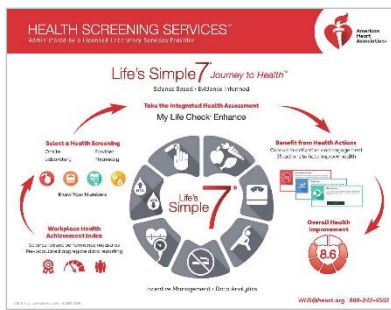
heart.org/cookbooks



ADVOCACY

You deserve the right to choose what's in your food, but that decision isn't always up to you. Join us and demand change! More food and restaurant companies are listening to us and offering healthier options. It's important to recognize their progress and to keep asking for healthy changes. Join the movement and take action today.

yourethecure.org



WORKPLACE HEALTH SOLUTIONS

The AHA offers a suite of evidence-based tools to help companies maximize their employee health programs. With our solutions, you can assess your programs and environment, engage employees with tools and trackers to reach ideal cardiovascular health, monitor and report progress, and qualify for recognition from the AHA.

heart.org/workplacehealth



HEALTHY ENVIRONMENTS FOOD & BEVERAGE TOOLKIT

We provide tools to help you improve your organization's food environment and promote a culture of health, with practical suggestions and nutrition standards that are easy to understand and apply in any size organization. Meetings, catered meals, snacks and vending are addressed.

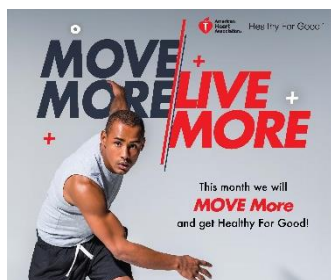
heart.org/foodwhereur



EAT SMART MONTH

Our National Eating Healthy Day in November has been expanded to a month-long celebration. Eat Smart Month is part of our Healthy for Good movement encouraging people to *Eat smart. Add color. Move more. Be well.*

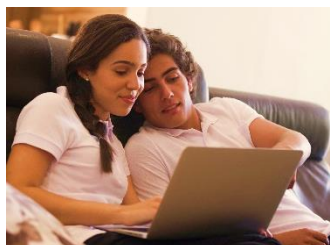
heart.org/eatsmartmonth



MOVE MORE MONTH

Our National Walking Day in April has been expanded to a month-long celebration. Move More Month is part of our Healthy for Good movement encouraging people to *Eat smart. Add color. Move more. Be well.*

heart.org/movemoremonth



MY LIFE CHECK

Our interactive online tools like My Life Check help people assess and track their heart health information and gain a better understanding of their risk of heart disease and stroke.

heart.org/mylifecheck