

Start! Eating Healthy Day today

Participation a great 'appetizer' for Sunday's Heart Walk

THE DAILY NEWS JOURNAL

At this Sunday's Start! Rutherford Heart Walk at MTSU's Walnut Grove (festivities at 1 p.m., walk at 2:30), the focus will be on physical activity as a means to better heart health.

But as an "appetizer," today is Start! Eating Healthy Day, and it marks the importance of making the best eating decisions as part of living heart-healthy every day.

Middle Tennessee Medical Center is eager to get the word out for individuals, families and businesses alike, and they're believers in the cause — and the domino effect it can have.

"Through participation in the Start! movement, you'll begin to see employees changing their health by increasing their physical activity and improving their eating habits," said Britt Mioton, M.D., F.A.C.C., cardiologist at MTMC.

"As you celebrate their successes, other employees will become inspired. Then you'll start to see changes in teams, and departments, and soon your whole workplace atmosphere feels different. More alive. More energetic. More productive."

To whet the appetite on Start! Eating Healthy Day, MTMC will use Facebook and Twitter to post healthy eating tips, healthy foods, and recipes all day long to educate the community on how and why to eat healthy. MTMC staff will also be hitting the grocery store and tweeting live photos of healthy foods from the store, in an innovative "come and get it" approach.

"St. Thomas Heart at Middle Tennessee Medical Center has been involved with the American Heart Association for several years and we are proud to participate in the Start! movement

as a cause partner," said Chester J. Falterman, M.D., F.A.C.C., cardiologist at MTMC. "Start! will play a critical role in the new focus of improving cardiovascular health."

Online help

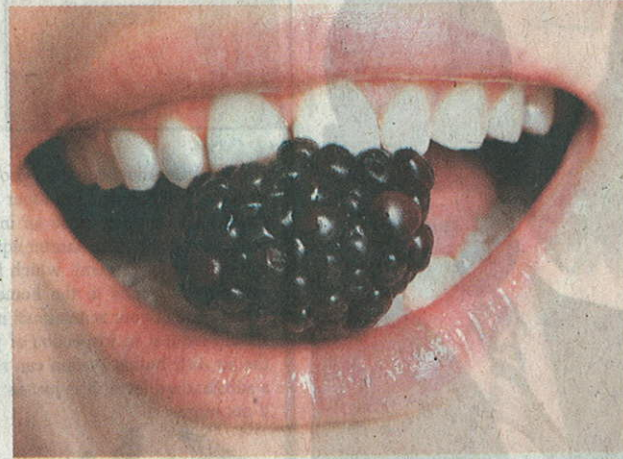
Here are some websites that might help in choosing a healthy lifestyle:

- The American Heart Association also wants to pass on Start! Eating Healthy Day tips at <http://www.startwalkingnow.org/resources.jsp>.

- Heart-Healthy Recipes: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Recipes_UCM_001184_SubHomePage.jsp

- My Grocery List Builder <http://checkmark.heart.org/>

Save and print your list, or access it anytime from your computer or



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Get Start! Eating Healthy Day tips at <http://www.startwalkingnow.org/resources.jsp>.

Web-enabled mobile phone or PDA.

- Diet and lifestyle recommendations: http://www.heart.org/HEARTORG/GettingHealthy/Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp

- Face the Fats: http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Face-the-Fats_UCM_301588_SubHomePage.jsp

Did you know that not all fats are bad for you? Learn about the different types of fat and use a

special calculator to get personalized, daily calorie and fat recommendations.

- USDA National Nutrition Database <http://www.nal.usda.gov/fnic/foodcomp/search/>

- Nutrition Facts: <http://www.americanheart.org/presenter.jhtml?identifier=855>

- Delicious Decisions Nutrition Guide: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Welcome-to-Delicious-Decisions_UCM_301068_SubHomePage.jsp

- Stay Motivated and Energized: http://www.startwalkingnow.org/res_eatwell_forenergy.jsp

- To take a quick quiz on your own heart health and get personalized tips on how to improve in each area, visit: www.mylifecheck.org.

Back to the walk

All of this healthy eating will prep walkers for Sunday's 1.5-mile Heart Walk, where hundreds of walkers will take to the campus route at MTSU and raise funds for the American Heart Association's cardiovascular research and community health outreach and education, all to help fight the No. 1 killer of men and women and No. 2 killer of children. It's an afternoon of fun and festivities for the entire family, pets included. For more information, visit www.rutherfordheartwalk.org.

Start! is nationally sponsored by Subway Restaurants and locally sponsored by St. Thomas at Middle Tennessee Medical Center.