



Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle

Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington

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“A terrific, potentially life-saving book that’s a must read for all black and Latina women.” --Jane Chesnutt, Editor-in-Chief, *Woman’s Day*

This book is an important wake-up call for black women and Latinas to understand that small steps can make a difference in preventing heart disease. Read this book for yourself and your sisters, but also for your families' good health." - Nancy Loving, Heart disease survivor and Co-Founder, WomenHeart

“ This book is a must have guide which covers all aspects of diet and lifestyle as well advice on how to partner with your doctor for a heart healthy life.” -- Rita F. Redberg, MD, MSc., FACC. Director, Women's Cardiovascular Services, UCSF School of Medicine.

“This book is filled with sound nutrition, fitness and stress management advice (the cornerstone of all heart-healthy lifestyle plans) and offers myriad practical solutions for the prevention of heart disease. *Heart Smart* should be on every black and Latina woman's nightstand!" -- Janet Bond Brill, PhD., R.D., author of *Cholesterol DOWN: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks-Without Prescription Drugs*

This groundbreaking book is the first to take into consideration the heart health of women of color and provide an action plan to overcome the unique cultural and genetic challenges they face in staying heart healthy. It doesn't merely present generic information on diet, exercise and eliminating stress, but highlights the importance of community, culture, and lifestyle.

This complete five week program includes:

Ways to eat a heart healthy diet by learning what to eat and how much as well as how to modify traditional recipes so they still taste the same.

An easy-to-follow exercise program that uses walking to benefit health and well-being with suggestions for where to walk if the neighborhood is unsafe, and ways to get the whole family involved

Information on how women can work with their doctor to get the most out of their health

JENNIFER H MIERES, M.D.,F.A.C.C, F.A.H.A, is a cardiologist at NYU School of Medicine, whose clinical research focuses on Heart disease in Women . She was an Emmy nominee in 2003 for her production of the PBS documentary “A Woman’s Heart”. TERRI ANN PARNELL, R.N, M.A., an award-winning cardiovascular nurse, is widely published in the medical literature on areas focused on patient education and heart disease.

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Carol Johnson:

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