

# Learn more about making heart-healthy changes



The organizations and Web sites listed here can help you make heart-healthy changes

If you...	Learn more here
<b>Forget to take your medicine</b>	Ask or look for <i>Quick Tips for Compliance</i> from the <b>American Heart Association</b> 800-AHA-USA-1 or 800-242-8721 <a href="http://www.americanheart.org">www.americanheart.org</a>
<b>Have tried to quit smoking in the past but did not succeed</b>	Ask or look for <i>Smoking Cessation Support: Quitting Smoking</i> from the <b>American Lung Association</b> 800-LUNGUSA or 800-586-4872 <a href="http://www.lungusa.org">www.lungusa.org</a>
<b>Need information on exercise</b>	Ask or look for <i>Physical Activity in Your Daily Life</i> from the <b>American Heart Association</b> 800-AHA-USA-1 or 800-242-8721 <a href="http://www.americanheart.org">www.americanheart.org</a>
<b>Have trouble making healthy food choices</b>	Look for <i>My Pyramid Plan</i> and <i>Tips &amp; Resources</i> at <a href="http://www.mypyramid.gov">www.mypyramid.gov</a>



## Other resources

The books and CD listed here can help you make healthy choices for diet and exercise. Ask your local library or bookstore to help you find them.

### Books

*The New American Heart Association Cookbook*, 7th Edition  
By the American Heart Association, Published by Clarkson Potter, 2004

*To Your Health! A Guide to Heart-Smart Living*  
By the American Heart Association, Published by Clarkson Potter, 2001

### CD

*The Healthy Heart Walking CD: Walking Workouts for a Lifetime of Fitness*

By the American Heart Association, Published by Sound Ideas, 2004

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