

HEART-HEALTHY LIVING Spring 2008 Issue Highlights

**Special Red Pages for Heart Disease Awareness*

*And Singer Toni Braxton, Golf Legend Nancy Lopez, Former Major League Baseball Star Ray Knight and CNN's Chief Medical Correspondent Sanjay Gupta**

DES MOINES (January 2008) –The spring 2008 issue of *Heart-Healthy Living*, a Special Interest Media publication published by Meredith Corporation, features a special section dedicated to heart disease awareness, tips to spring into shape and easy everyday meal plans. Additionally, LPGA Hall of Famer Nancy Lopez and husband Major League Baseball star Ray Knight share their tips for stress busters; Broadway singer Toni Braxton talks about her brush with heart disease; and CNN's top medical doctor talks about how he stays heart-healthy.

Among the articles in the spring issue of *HHL* include:

Sanjay Gupta (Pg. 22): CNN's chief medical correspondent offers his personal prescription for curbing cardiovascular risks in this month's issue. "A sedentary life filled with stress and poor eating habits will destroy your cardiovascular health." Here, Gupta shares advice on how to raise your good cholesterol and reduce your risk of heart disease.

The Red Pages (Pg.43): 1 in 4 women has never had her cholesterol checked, but 85 percent of women use skin-care products once a week or more. See all the ways to show support for heart disease awareness. Also featured, Broadway singer Toni Braxton, 41, talks about her brush with heart disease. And, will you have a heart attack in the next 10 years? Take the quiz at HeartHealthyOnline.com/quiz.

Back in the Game (Pg. 58) Champion athletes and couple Nancy Lopez and Ray Knight show how teamwork help Ray recover from a heart attack. Knight, a former Major League Baseball standout, shares his heart-smart choices and stress busters.

Spring into Shape (Pg. 62): The official trainer and nutrition consultant on The Dr. Phil Show shares his tips for getting fit with exercises that take just 15 minutes a day.

Easy Everyday Meal Plans (Pg. 86): These five simple-to-fix menus make it easier to shop, prepare, and eat healthfully.

The spring issue of *Heart-Healthy Living* is available on newsstands until May 20, 2008 for \$5.99. *Heart-Healthy Living* is a quarterly special interest publication that provides a comprehensive resource to a heart-healthy lifestyle.