

## HEART HEALTHY PROGRAM IDEAS!!

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President Gaines has established the theme for this biennium as: **“Lead with the Heart.”** This theme reminds us of the importance of our emotional and physical well-being. In order for us to lead from the **heart**, we must keep our **heart** healthy.

Think about sponsoring these programs about our physical health. You may wish to include music that has **“heart”** in it.

1. How to Lose Weight and Keep it Off. Invite a panel of individuals who have lost weight and have successfully kept the weight off to share their secrets of keeping weight off.
2. Exercise Secrets to a Healthy **Heart**. Invite a speaker from the American **Heart** Association or contact your local hospital to secure a speaker on the topic. Oftentimes your local hospital has a speaker’s bureau. Avail yourself of those services.
3. Eating **Heart** Healthy Foods.
4. What Every Woman Should Know about **Heart** Disease.
5. The **Heart** Health Benefits of Tea. A suggestion from Delta Kappa Gamma Society International is to have a presentation on the health benefits of tea, books about tea, and even consider having a full high tea experience for members.
6. **Heart** Healthy Recipes. Have each member bring a **heart** healthy recipe to share and then compile all of the recipes into a handout for each member.
7. A **Heart** Healthy Potluck. If your chapter has potlucks, try this twist. Request that each member bring a dish that is **heart** healthy and have her explain about its health benefits.
8. Natural Foods for Healthy Living. Have a representative from a Natural Foods Store give a program on organic foods.
9. The Advantages of Yoga for your **heart** health. You may want to secure a speaker from a local health club.
10. Vitamins to improve your health.