

Press release
For immediate distribution

**February may be Heart Health month but this
Federally funded program helps you care for your heart all year round!**

**Is your heart aging faster than you are?
Find out with the free Cardiovascular-Age Calculator at
myhealthcheckup.com/free**

**If you want to lower your Cardiovascular Age you can also enroll in the
MyHealthCheckUp Community Pharmacy Program...it's free!**

***The MyHealthCheckUp Community Pharmacy Program is funded by the
Canadian Institute for Health Research (CIHR) and supported by the Canadian
Medical Association and the Canadian Pharmacists Association***

February 21, 2017

Most of us are aware that heart disease can be prevented by making healthy lifestyle changes yet many Canadians remain sedentary and continue to make poor nutrition choices. Conflicting recommendations can lead to confusion regarding fitness and nutrition but **The MyHealthCheckUp web-based program draws on the expertise of health professionals from McGill University and the University of Alberta.**

The **MyHealthCheckUp Community Pharmacy Program** is free to all Canadians age 30 plus and is ideal for those who want to eat healthier, lose a few pounds and/or be more active. Research partners include pharmacists from select Shoppers Drug Mart/Pharmaprix, Sobeys/Lawtons and Costco pharmacies.

Success Stories to Date from Active Participants

- A 66 year old woman has been tracking her daily activity and is averaging the equivalent of walking 14 miles (22.5 km) per day.
- A 55 year old man has lost over 2 inches (5.08 cm) from his waistline in less than three months!
- A 67 year old woman has lost 15 lbs. (6.8 kg) and reduced her blood pressure from 131/69 to 123/63...she now has the blood pressure of a 20 year old!

These results demonstrate that significant health improvements are possible and can reduce the need for medication in some individuals!

Quotes from Participants

I especially like how it focuses on healthy eating like making sure that I get enough fruits, vegetables and fiber rather than counting calories. For me this positive approach was really helpful. It is also great to be able to track activities.

Judy

I found it to be a very useful tool in helping me realize how quickly calories add up and which foods I could enjoy in almost unlimited quantities. I like to be aware of my numbers and where I'm going visually and this was a good tool for me.

Anonymous

I am finding the daily entering of my physical activity is helping to make activity routine. This combined with the follow-up appointment with my pharmacist is helping with accountability. This is resulting in a loss in weight.

Anonymous

Those who want to lower their risk of heart disease and stroke can enroll in the MyHealthCheckUp Community Pharmacy Program at myhealthcheckup.com/free

