

Dear Instructor,

As a health professional, you know how overwhelmed cardiac care patients often feel with all of the information they have to learn to live their new heart-healthy lifestyle.

When it comes to diet and nutrition, misinformation and confusion about what and what not to eat, what to do at restaurants and how to manage their weight is common. And covering this wide array of topics in a short amount of class time can be a challenge.

Our ***Get Heart Healthy! Cardiac Class Education Guide*** can help. It provides you with ready-to-use lesson plans and actionable information to help you help your patients get on track for heart-healthy eating. The information contained in this Guide is intended for use with individuals who have had cardiac events such as by-pass surgery or angioplasty, a diagnosis of CHD, have very high blood cholesterol levels, or other risk factors that place them in a high risk category. Therefore, the blood lipid ranges and dietary recommendations used in this resource incorporate the more stringent guidelines from the National Heart Lung and Blood Institute ATP III report.

The Guide consists of six interchangeable lessons that you may teach in any order:

- ♥ Understanding Cholesterol
- ♥ Understanding Fat
- ♥ Facts About Fiber
- ♥ Reading Food Labels
- ♥ Eating Out
- ♥ Weight Control Basics

Each lesson plan is about 40 to 60 minutes in length and is designed so they can be tailored to your groups' situations and learning styles. Each lesson includes the following:

- ♥ Preparation: Lesson objectives and suggested materials for teaching lesson and in-class activities
- ♥ Deliver Content
  - Opening the Lesson: Discussion questions to help you spark conversations and learning
  - Information Sharing: Scripted content for instruction, including handout materials
- ♥ In-Class Activities: Ideas for conducting hands-on activities to reinforce information presented in the lesson plan
- ♥ Reflection and Goal Setting: Class participants set one goal or action step that they want to take in response to this lesson
- ♥ Wrap-Up: Summarize the learning objectives and hand out the sample size of Cheerios® cereal with coupon

We hope you'll find our ***Get Heart Healthy! Cardiac Class Education Guide*** a useful tool in your teaching library.

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