

Cardiovascular Fitness Test For Lancaster Residents

LANCASTER (Lancaster Co.) — The American Heart Association, WLYH-TV, the YMCA of the USA and the YWCA of the USA want to know — When it comes to fitness, do you measure up?

That's the theme of this year's "HeartScore '95" project, a week long national campaign to educate more Americans about health, fitness and the value of a regular exercise program.

The project will be launched nationally on a week-long series on the CBS THIS MORNING show scheduled to air February 6-10, 1995.

The American Heart Association has teamed with local YMCA and YWCA branches to provide free fitness evaluations throughout the week to coincide with the television series. The fitness evaluation includes:

- a one-mile walk to assess how well heart and lungs work during exertion, and

- a waist/hip measurement to show where body fat is distributed.

Individuals will receive their fitness results and a chart for recording results on two additional retests which they can conduct themselves. Personalized information about how to improve physical fitness and reduce the risk for

heart disease and stroke will also be provided.

Dates, time and locations for the FREE fitness evaluations are as follows:

Lancaster YMCA - 572 N. Queen St., Lancaster 397-7474 - Fitness Center

Mon. 2/6/95 - 9 a.m.-Noon
Wed. 2/8/95 - 11 a.m.-1:00 p.m.
Fri. 2/10/95 - 10 a.m.-Noon

In connection with HeartScore '95 the YMCA is offering free blood pressure screening and a cholesterol screening (fee due upon registration):

Wed. 2/8/95 - 5 p.m.-7:30 p.m.
Thur. 2/9/95 - 8 a.m.-11 a.m.

Call the Lancaster YMCA to register - 397-7474 - Jeff Kenderdine

Lancaster YWCA - 110 N. Lime St., Lancaster 393-1735 - Heidi Weber Enck

Tue. 2/7/95 - 7:30p.m.-9:30p.m.
Wed. 2/8/95 - 7 p.m.-9 p.m.
Thurs 2/9/95 - 7 a.m.-9 a.m.
Fri. 2/10/95 - Noon- 2 p.m.

In connection with HeartScore'95 the YWCA is showing a video upon request entitled Women and Heart Disease produced by the American Heart Association. This 14 minute video will be available upon request to view at the YWCA during the week of February 6-10. Participants should wear loose-

fitting clothes to the fitness assessment.

Individuals who wish to perform their own fitness evaluation at home may pick up the information at a registration desk of these locations or by contacting the American Heart Association 393-0725.

"February is American Heart

Month," said Carol Strandberg, AHA Division Director. "Each year the American Heart Association takes its messages about heart disease and stroke prevention to communities across the country."

"Physical inactivity is one of the four controllable risk factors for heart attack. The 'HeartScore '95' event will provide Lancaster

residents information about reducing their risks for heart disease—information that could be potentially lifesaving," added Strandberg.

For more information on how to participate or volunteer at "HeartScore '95", call the Lancaster office of the American Heart Association at 393-0725 *2037.

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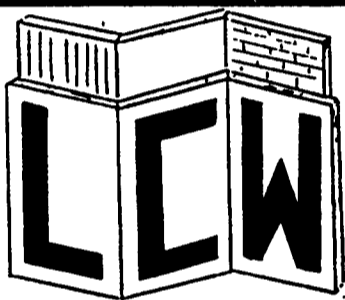
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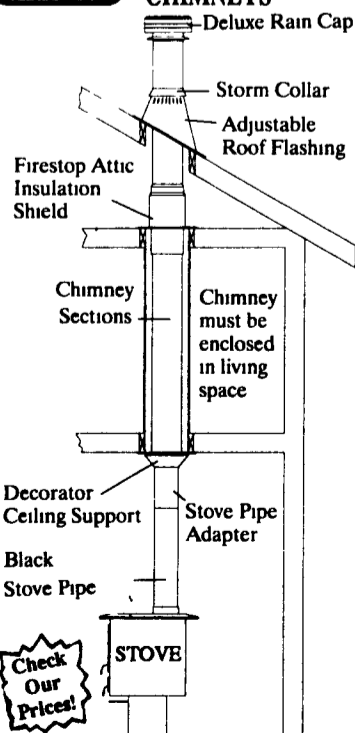
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