



# Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle

*Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington*

Download now

[Click here](#) if your download doesn't start automatically

# Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle

Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington

## Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle

Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington

**“A terrific, potentially life-saving book that’s a must read for all black and Latina women.” --Jane Chesnutt, Editor-in-Chief, *Woman’s Day***

This book is an important wake-up call for black women and Latinas to understand that small steps can make a difference in preventing heart disease. Read this book for yourself and your sisters, but also for your families' good health." - Nancy Loving, Heart disease survivor and Co-Founder, WomenHeart

“ This book is a must have guide which covers all aspects of diet and lifestyle as well advice on how to partner with your doctor for a heart healthy life.” -- Rita F. Redberg, MD, MSc., FACC. Director, Women's Cardiovascular Services, UCSF School of Medicine.

“This book is filled with sound nutrition, fitness and stress management advice (the cornerstone of all heart-healthy lifestyle plans) and offers myriad practical solutions for the prevention of heart disease. *Heart Smart* should be on every black and Latina woman's nightstand!" -- Janet Bond Brill, PhD., R.D., author of *Cholesterol DOWN: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks-Without Prescription Drugs*

This groundbreaking book is the first to take into consideration the heart health of women of color and provide an action plan to overcome the unique cultural and genetic challenges they face in staying heart healthy. It doesn't merely present generic information on diet, exercise and eliminating stress, but highlights the importance of community, culture, and lifestyle.

This complete five week program includes:

Ways to eat a heart healthy diet by learning what to eat and how much as well as how to modify traditional recipes so they still taste the same.

An easy-to-follow exercise program that uses walking to benefit health and well-being with suggestions for where to walk if the neighborhood is unsafe, and ways to get the whole family involved

Information on how women can work with their doctor to get the most out of their health

JENNIFER H MIERES, M.D.,F.A.C.C, F.A.H.A, is a cardiologist at NYU School of Medicine, whose clinical research focuses on Heart disease in Women . She was an Emmy nominee in 2003 for her production of the PBS documentary “A Woman’s Heart”. TERRI ANN PARNELL, R.N, M.A., an award-winning cardiovascular nurse, is widely published in the medical literature on areas focused on patient education and heart disease.

 [Download Heart Smart for Black Women and Latinas: A 5-Week ...pdf](#)

 [Read Online Heart Smart for Black Women and Latinas: A 5-Wee ...pdf](#)

## **Download and Read Free Online Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington**

---

### **From reader reviews:**

#### **Sara Otoole:**

Have you spare time for a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a move, shopping, or went to the Mall. How about open or perhaps read a book titled Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle? Maybe it is to be best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with its opinion or you have other opinion?

#### **Mack Washburn:**

What do you think about book? It is just for students because they are still students or this for all people in the world, the actual best subject for that? Only you can be answered for that query above. Every person has various personality and hobby for every other. Don't to be compelled someone or something that they don't would like do that. You must know how great and important the book Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle. All type of book can you see on many options. You can look for the internet options or other social media.

#### **Fred Swett:**

The book untitled Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle is the publication that recommended to you to read. You can see the quality of the reserve content that will be shown to an individual. The language that creator use to explained their ideas are easily to understand. The copy writer was did a lot of exploration when write the book, to ensure the information that they share for you is absolutely accurate. You also could possibly get the e-book of Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle from the publisher to make you a lot more enjoy free time.

#### **Aaron Powers:**

Is it you actually who having spare time subsequently spend it whole day simply by watching television programs or just lying on the bed? Do you need something new? This Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle can be the solution, oh how comes? It's a book you know. You are so out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these textbooks have than the others?

**Download and Read Online Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle  
Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington  
#QVB3I2NXYCS**

## **Read Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle by Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington for online ebook**

Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle by Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle by Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington books to read online.

### **Online Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle by Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington ebook PDF download**

**Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle by Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington Doc**

**Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle by Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington Mobipocket**

**Heart Smart for Black Women and Latinas: A 5-Week Program for Living a Heart-Healthy Lifestyle by Jennifer H. Mieres, Terri Ann Parnell, Carol Turkington EPub**