

Anchorage Circle of Red Members 2012-13

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Learn and Live

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Circle of Red

*A passionate group of women and
men committed to educating women
about the prevention of Heart Disease
and to help find a cure for the number
one killer of all American women.*



What is the Circle of Red?

A passionate group of women and men committed to educating women about the prevention of Heart Disease and to help find a cure for the number one killer of all American women.

Circle of Red donors show their personal commitment through their contribution of \$1,000 or more to support the Go Red for Women efforts in Anchorage.

As a Circle of Red member you will be invited to attend exclusive events, educational opportunities and be recognized as a heart health advocate in our community.

Anchorage Go Red

The 2013 Anchorage campaign kicks off with a Go Red wine tasting event on January 31, followed by Alaska Wear Red Day on February 1 and continues with



community outreach events including a “Hockey for Heart” night with the Anchorage Aces, a Go Red Zumbathon, Downtown Goes Red and a luncheon and educational breakout sessions on Friday, March 1 featuring keynote speaker and Olympic Gold Medalist Dana Vollmer.



Why Go Red?

All events and outreach efforts are conducted with the goal of providing women of every generation tips and information on healthy eating, exercise and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control and blood cholesterol management.



It's Working!

Research shows that women who “Go Red” are more likely to make healthy choices.



- More than one-third have lost weight.
- Nearly 55% have increased their exercise.
- Six out of ten have changed their diets.
- More than 40% have checked their cholesterol levels.

Angie's Story

I remember being 250 pounds and self-conscious the first time I walked into a Fairbanks Go Red event in 2010. I felt awkward being so big at a health event, thinking to myself, "I won't weigh this much next year - I'll lose weight." Fast forward to 2011, I reached my goal to not weigh that much, I WEIGHED MORE—a total of 285 pounds. This time, the message at Go Red really hit home. I changed everything—what I thought about food, how I ate food, the emotions the food made me feel.



One month into my program, I had more energy than I did when I was 16! By month three, my father who weighed 325 pounds and my brother in-law that weighed 375 pounds joined me in a journey to be healthy and lose weight. My business grew, I was happy and energetic. By August 2, 2012 I had lost a little over 100 pounds. This year when I walk into the Go Red Event I will be triumphant over my past and in charge of my body and my health!