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***70 Hospitals to Host “Day of Dance for Health”
Nationwide***

***Consumer Across the U.S. Will Dance For Their Heart Health Through
National Event Aimed At Creating Healthier Communities***

February 27, 2010 – Boca Raton, FL – Spirit of Women Hospitals across the country will invite their communities to the sixth annual national Spirit of Women Day of Dance for Health on Saturday, February 27, 2010. The event will combine the fun of dancing to different kinds of music, such as ballroom dancing, rock ‘n’ roll, jazz, salsa, swing, and hip-hop, with health screenings and consumer education on heart disease and other important health topics.

In its sixth year nationwide, more than 75,000 participants are expected to dance for their health in the hopes of creating healthier communities.

“Day of Dance for Health not only increases awareness of heart and vascular disease and its risk factors, but inspires immediate action for better health. This program has resulted in millions of consumers exposed to the powerful concept that doing something fun like dancing is taking the right “steps” to a healthier future,” said Tanya Abreu, president and national program director of Spirit of Women. “On February 27, doctors, clinicians, medical professionals, community leaders and citizens throughout the US will all come together to take charge of their own health – they will dance and help educate women about healthy choices they can easily incorporate into their lifestyles, as well as personal warning signs women and their families should be clued into.”

Taking place on Saturday, February 27, the event will include dancing, prominent physician speakers, screenings, and other activities to remind participants that preventing cardiovascular disease and a healthy lifestyle can be a fun and energizing experience. Day of Dance for Health events are presented by affiliate hospitals of the Spirit of Women Health Network in over 65 cities across the United States.

Nearly 500,000 women die each year of cardiovascular disease, making it the leading cause of death for American women. One in two women will die of heart disease, yet they continue not to personalize their individual risk for cardiovascular disease.

Spirit of Women focuses on dance as a way to take steps for a healthier life because dancing can burn as many calories as swimming, walking, or riding a bike (as many as 200-400 calories per hour). If done on a regular basis as a form of exercise, many health benefits result including weight maintenance or weight loss, blood pressure and cholesterol management (lowering), increased energy, decreased sadness and depression, increased coordination and muscle strength and an overall sense of well-being.

Day of Dance for Health takes place during Heart Health Awareness Month and participants are encouraged to wear red to show their support for women’s heart disease awareness. The Red Dress® is the national symbol for women and heart disease awareness and was created by *The Heart Truth*® to deliver an urgent wakeup call to American women.

For more information and to find a Day of Dance event in a community near you, visit dayofdance.org.

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The 2010 National Day of Dance for Health is presented by the Spirit of Women Health Network, *Good Housekeeping* magazine and *The Heart Truth*® campaign.

***Good Housekeeping* magazine**—together with the Good Housekeeping Institute and the Good Housekeeping Seal—has become synonymous with the gold standard of quality and integrity. *Good Housekeeping* was founded in 1885, and maintains a commitment to the modern home and to a woman's quality of life. It publishes 15 editions worldwide, and is an internationally recognized brand that sets the standard to which all other women's service magazines aspire.

***The Heart Truth*®** is a national awareness campaign on women and heart disease sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, U.S. Department of Health and Human Services (HHS). *The Heart Truth* created and introduced the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wakeup call to American women. The Red Dress® reminds women of the need to protect their heart health, and inspires them to take action.

About Spirit of Women

Spirit of Women is a national network of leading hospitals dedicated to improving women's lives with innovative health and community programs. Spirit of Women Hospitals touch the lives of millions of women each year through the presentation of educational events, consumer membership programs, annual conferences, marketing communications and grassroots efforts to improve the health and well-being of women everywhere. Spirit of Women enables participating hospitals to focus on community needs while providing the strength of national support. Visit spiritofwomen.org.

Visit dayofdance.org to learn simple ways to stay healthy and find an event near you.

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