



hearts**beat**back

THE HEART OF NEW ULM PROJECT



Heart Health Resource Guide



Diabetes and heart disease prevention resources

Local resources

Heart of New Ulm Project
Sponsored Activities
(Community events, walking clubs,
cooking classes, etc.)

- www.heartsbeatback.org
- 507.217.5945

National resources

Academy of Nutrition and Dietetics

- www.eatright.org

American Diabetes Association

- www.diabetes.org

American Heart Association

- www.heart.org

Centers for Disease Control
and Prevention

- www.cdc.gov/DiseasesConditions/



Weight management resources

Local resources

Counseling with a Registered Dietitian
at New Ulm Medical Center

- www.newulmmedicalcenter.com
- 507.217.5000

Overeaters Anonymous

- www.oa.org
- 505.891.2664 (This number is for
the national headquarters, which can
help connect you to a local group.)

Weight Watchers

- www.weightwatchers.com
- 1.800.651.6000

National resources

National Weight Control Registry

- www.nwcr.ws

Sparkpeople

- www.sparkpeople.com

Weight Control Information Network

- www.win.niddk.nih.gov/index.htm



Tobacco cessation resources

Local resource

Minnesota's Quit Plan Resource

- www.quitplan.com
- 1.888.354.PLAN (7526)

National resource

American Lung Association

- www.lung.org
- 1.800.642.LUNG (5864)



Physical activity resources

Local resources

Anytime Fitness

- www.anytimefitness.com
- 507.354.0700

Curves

- www.curves.com
- 507.354.4281

Flandrau State Park - 8 miles of trails

- www.dnr.state.mn.us/state_parks/flandrau/index.html
- 507.233.9800

New Ulm Park and Recreation

- www.ci.new-ulm.mn.us
(click on "City Service Index" then "Park & Rec")
- 507.359.8347

Senior Fitness Opportunities:
Community and Seniors Together

- 507.354.3212

Snap Fitness Center

- www.snapfitness.com
- 507.359.8888

National resources

ACE Fitness

- www.acefitness.org

America on the Move

- www.americaonthemove.org

Athletic Runner

- www.athleticrunner.com

National Center on Physical Activity
and Disability

- www.ncpad.org

Physical Activity and Health

- www.fitness.gov/adults.pdf

Shape Up America!

- www.shapeup.org



Online healthy eating and weight management tracking resources

CalorieKing

- www.calorieking.com

FitDay

- www.fitday.com

My Fitness Pal

- www.myfitnesspal.com

Personal Interactive Health Tools

- www.healthfinder.gov/HealthTools/

Choose My Plate SuperTracker

- www.choosemyplate.gov



Healthy eating resources

Local resources

Visit the website for Hearts Beat Back: The Heart of New Ulm Project at www.heartsbeatback.org.

Under the FoodWorks tab:

- View and download heart-healthy recipes for beverages, breakfast, desserts, main entrées, salads, sides/vegetables, smoothies, snacks and soups.
- Watch past episodes of the “What’s Cooking New Ulm?” TV show.
- Get information on the KNUJ Farmers Market in New Ulm as well as local farms and CSA (Community Supported Agriculture) programs.
- Learn about the restaurants in New Ulm that are committed to serving you the same great-tasting food with fewer calories and more fruits, vegetables, whole grains and healthier fats as part of the FoodWorks Restaurant Program.
- Watch a video of an educational grocery store tour that will help you shop heart healthier.

Under the “Learn” tab:

- Access and download a variety of articles, handouts and presentation slides on healthy eating.

Under the “Tools” tab:

- Track the number of fruits and vegetables you eat daily using our online tracking tool.

National resources

DASH Diet

- www.nhlbi.nih.gov/health/health-topics/topics/dash/

Eating Well Magazine and Recipes

- www.eatingwell.com

Food Fit

- www.foodfit.com

Fruits and Vegetables

- www.fruitsandveggiesmorematters.org

Heart Healthy Living Magazine

- www.hearthealthyonline.com

Nutrition

- www.nutrition.gov

Understanding Food Labels

- www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/default.htm

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Center for
Healthcare Innovation



Creating a world without heart disease™