



Healthy Hearts on the Hill Community Coalition

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Co-Founders

Koinonia Primary Care
Center for Excellence in
Aging Services

Member Organizations

Albany Community
Action Partnership
Albany Medical Center
Albany United
Methodist Society
Cancer Services
Program Partnership of
Albany County
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Life Institute
Fidelis Care
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Holy Family Parish
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Neighborhood Health
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Neighborhood Health
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Corporation

Welcome from the Healthy Hearts on the Hill Coalition!

Now that you have joined the Biggest Winner, you are on your way to becoming heart-healthy—and you may even win some prizes along the way!

You can start earning points now by eating healthy foods, seeing your doctor, and by exercising. Use your orientation packet to find out which specific activities count toward points, how you can earn bonus points, where to turn in your monthly score card, and when prizes will be awarded. Be sure to read the Biggest Winner Program Rules—some of the healthy activities you already do might earn you points!

Starting a physical activity, nutrition, or healthcare routine can be challenging at first. Here are some tips that might help you stick with the program:

Get your friends and family involved: Ask your friends and family members to join too. Engaging in physical activity, healthy eating, and regular health checks is easier to do when you have a partner to motivate you (and it is more fun, too!).

Set up a schedule for yourself and stick to it: Think of your health routine as a series of appointments that you put on your calendar like any other appointment. Sticking to your calendar can be a goal that you challenge yourself to meet. Keeping track of the days you engaged in a healthy behavior is a great way to chart your progress.

Start Small: Do crunches while you're watching TV, substitute low fat milk for whole milk, and call and make an appointment to see your doctor for an annual check-up. Small changes can have big impacts!

Try Something New: Work some new healthy foods or exercises into your routine. It will keep things interesting and might help you discover a new passion. You will never know that you love avocado or belly dancing until you try them!

Get Involved: Get more involved with the Biggest Winner program by planning a nutrition event, walking club, healthcare screening, etc. Putting your own time and energy into a health program can keep you invested in the cause (and you can earn bonus points!).

Good luck, and don't forget to hand in your scorecards each month for a chance to win a monthly prize!

The Healthy Hearts on the Hill Coalition envisions a time when all of our neighbors in the West Hill Community will have the means and access to live heart healthy lifestyles within and supported by the West Hill community.