

# STRONGPeople™

STRONG HEARTS



## A Heart Health Promotion Program

**StrongPeople Strong Hearts** is a comprehensive healthy living program that aims to reduce morbidity and mortality from cardiovascular disease in mid-life and older individuals through nutrition and physical activity.

The program is based on extensive research and combines elements from other StrongPeople programs including StrongPeople Strong Bodies and StrongPeople Living Well. The multi-level curriculum combines dietary skill-building, aerobic activity, and strength training. The program focusses on experiential learning, aiming to improve health knowledge and understanding of