

## Fight The Sedentary Lifestyle About MyStart! Online



MyStart! Online is a free tool that helps people make positive lifestyle changes through walking and eating better. It's a great way to track your progress as part of the [www.heart.org/start](http://www.heart.org/start).

- With MyStart! Online, you can track your daily dietary intake
- Create personal walking maps
- Check weekly summaries of your progress
- Find links to valuable information that will help you stay on track and achieve your healthy lifestyle goals
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It's like a personal fitness assistant that motivates you by showing your daily progress. And it's so easy to use! Check it out at:

[www.americanheart.org](http://www.americanheart.org)