

# New Heart

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# New You

## A Heart Disease Prevention Program

- 36 One Hour Training Sessions
- Nutrition Counseling
- Weight Management



## 12 lbs

### WEIGHT LOSS

Participants with a BMI > 30 on average  
BMI < 30 lost 6.25 lbs.

## 74%

### REDUCED BMI

Average BMI change:  
-1.08 kg/m<sup>2</sup>



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## Fitness and Health

601 Lomas Blvd. NE | Albuquerque, NM 87102  
[www.newheartnm.com](http://www.newheartnm.com) | (505) 881-8195



# 89%

**DECREASED  
WAIST**

Average Waist  
reduction = 2.5 in.

# 30%

**INCREASED  
EXERCISE  
TOLERANCE**

Average increase per  
completed participant



Contact us today at (505) 881-8195 or visit  
[newheartnm.com/new-heart-new-you](http://newheartnm.com/new-heart-new-you)

**“Exercise is the essential  
element for great health”**



**Barry W. Ramo**  
MD, FACC



**Robert C. Orchard**  
MD, FACC

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