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Nutrisystem®
Ravioli Formaggio

Getting Red Dress Ready

A PARTNERSHIP BETWEEN
NUTRISYSTEM & WOMENHEART



Nutrisystem and WomenHeart have teamed up to launch *Getting Red Dress Ready*, a campaign showcasing *WomenHeart Champions* on their weight loss journeys to encourage women, especially those living with or at risk for heart disease, to lose weight and get heart-healthy.

Join the Facebook page “Getting Red Dress Ready with Nutrisystem & WomenHeart” to support the campaign and to follow the *WomenHeart Champions* as they get Red Dress Ready for their big reveal during American Heart Month, February 2010.

Losing weight never tasted so good

Losing weight and maintaining a healthy diet are important factors for smart heart health, but with the fast-paced lives we lead, these are not always easy things to do. According to the U.S. Department of Health and Human Services, by leading a healthy lifestyle, losing weight and eating right, women can lower their risk of heart disease by 82%. Nutrisystem® provides the perfect weight loss solution — quick, nutritious and flavorful meals that help you lose weight and achieve a heart-healthy way of life.

Nutrisystem has created a number of weight loss programs designed to fit the needs of a variety of people. Nutrisystem also provides free weight loss support, a vast online community and free counseling 24-hours a day.

To get started today call 1-877-901-DIET (3438) or visit nutrisystem.com/HHL110



www.womenheart.org

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