



Cheryl Hines' Heart Story

Heart disease is no laughing matter for me. It touched my life and the life of someone I love very dearly—my father. It all started when he suffered a heart attack and underwent open heart surgery. Before, heart disease had never even been on my radar. It always seemed like something that affected other people's families, not *mine*. But years of smoking had finally caught up with my father.

I feel luckier than most because my father made a full recovery. Today, he's quit smoking, started taking care of himself, and we are back out on the golf course together! My family and I are stronger now because we don't take a single day for granted.

Now, I'm taking my health into my own hands. After my father's heart attack, I had my own heart health checked, and I'm more committed than ever to listening to my body and taking steps to reduce my risk for heart disease.

Even though I don't particularly enjoy it, I walk a mile a day on the treadmill; and as a reward, I treat myself to a guilty-pleasure TV show to help me power through. Diet is all about balance for me. It's not always easy, but if eating more oatmeal and less cake, or substituting fresh vegetables for fries keeps me around for my daughter the way my father is here for me, then it's well worth it.

If you're a mom, then you're a working mom – and there isn't a tougher job in the world. With the stresses (and okay, joys too), it's sometimes easy to forget that we moms have to take care of ourselves, so that we can take care of those we love. As a mom, I know that coordinating schedules and meeting everyone's individual needs can be all-consuming, so managing your own doctor's appointments or exercise sessions can seem like a luxury, instead of a necessity. But it's kind of like the oxygen mask on the airplane; you have to help yourself first.

It's been amazing to see how my health choices are now improving my daughter's life. Whether it's a pickup kickball game outside or a dance-off in our living room, my commitment to incorporate physical activity into our lives has created laughter-filled moments that I'll remember forever. My father is my inspiration to living a healthier life, but my daughter is my motivation.

My wish is for women to listen to their bodies and put themselves first. And that's why I share my story—so every child has a parent's love (and laughter) for one more day.

I Go Red for my father and for my daughter's future.