

## Heart Smart v 4.0 for Windows 95

**This program is for Windows 95 and will not run on Windows 3.1. There is a Windows 3.1 version available. Call Henning Associates at 800-823-6896.**

First I want to thank Trisha McLain, Esther Morical, Terry Stahl, and Jeff Sparks for beta testing the program. Their invaluable assistance in testing the program is the reason Heart Smart is a quality product.

This program is designed to help you eat a healthy diet. There are many benefits to eating healthy including lowering your risk of heart disease, and according to some authorities, lowering your risk of certain types of cancer.

Your doctor may have also suggested that you reduce your cholesterol intake to help prevent coronary artery disease, or he/she may have suggested that you reduce your sodium intake to help control your blood pressure. Regardless of why you are using this program, eating a more healthy diet will help you feel and look better.

Diet alone is not the answer though. You must also combine your healthy diet with a program of regular aerobic exercise, approved by your doctor. The combination of healthy eating and regular exercise will add years to your life and vitality to every day.

Before starting any dietary change, or exercise program you must check with your physician for specifics.

You will also need a good food book to use this program effectively. One of the best on the market is by Corinne Netzer:

The Complete Book of Food Counts  
Published by Dell  
Available at B. Dalton

A good book of food components will allow you to add items to the food list to meet your specific eating goals. The food item list is limited to 1200 items so if you run out of room you will have to delete those things that you will never eat.

If you have accidentally told the program to add Heart Smart and the help files to your start up group, the program will start every time you start Windows. Most people do not want that to occur. If you have done that, you can delete the programs from the Startup Group by highlighting the item in the Program Manager and pressing the delete key or in Windows 95 using the task bar advanced features.

The program is time stamped and will run without additional nag screens for 30 days after being loaded. After 30 days the nag screens are more insistent that

you register but the program remains fully functional with the exception of printing menus and shopping lists which are only enabled by registration.

You can register this software by phone, fax, e-mail, or snail mail. The order form can be found off of the main menu, or the registration window. The cost of the program is \$19.95 plus \$2.95 shipping and handling. Upon registration you will receive your registration codes and a diskette with the latest version of the program. Registered users are free to call at any time with their food and nutrition questions.

Thank you for trying Heart Smart.

Mike Henning, RN