



601 Lomas Boulevard NE | Albuquerque, NM 87102
505.881.8195 | www.newheartnm.org

Programs and Class List

12 week Cardiac Rehab • Prevent Heart Disease
Health Risk Assessment • Cardiac Risk Profile
Stress Skills Seminar • Gentle Yoga
Stretch, Relax, Renew • Mindfulness Meditation
Weight for Wellness • Diabetes Education
Health Coaching • Journaling for Wellness
Health Education Seminars • Life in Balance
Chi Gong & Personal Expressions • Smoking Cessation
Weight Training for Seniors • Healing Music
New classes are offered regularly.

Take the Heart Quiz

(Framingham Point Scores)

Age	Male Points	Female Points
20-34	-9	-7
35-39	-4	-3
40-44	0	0
45-49	3	3
50-54	6	6
55-59	8	8
60-64	10	10
65-69	11	12
70-74	12	14
75-79	13	16

What is your Risk?

10-Year Risk Calculator

See where you fit in each category, add up your points and locate your final risk in the point total section.

10-Year risk _____ %

Score Chart:

Low <10%
 Medium 10-20%
 High >20%

Total Cholesterol	Points									
	Age 20-39		Age 40-49		Age 50-59		Age 60-69		Age 70-79	
	M	F	M	F	M	F	M	F	M	F
<160	0	0	0	0	0	0	0	0	0	0
160-199	4	4	3	3	2	2	1	1	0	1
200-239	7	8	5	6	3	4	1	2	0	1
240-279	9	11	6	8	4	5	2	3	1	2
≥280	11	13	8	10	5	7	3	4	1	2

NonSmoker Smoker	Points									
	Age 20-39		Age 40-49		Age 50-59		Age 60-69		Age 70-79	
	M	F	M	F	M	F	M	F	M	F
NonSmoker	0	0	0	0	0	0	0	0	0	0
Smoker	8	9	5	7	3	4	1	2	1	1

HDL (mg/dL)	Male Points	Female Points
≥60	-1	-1
50-59	0	0
40-49	1	1
<40	2	2

Systolic BP (mmHg)	If Untreated		If Treated	
	Male	Female	Male	Female
<120	0	0	0	0
120-129	0	1	1	3
130-139	1	2	2	4
140-159	1	3	2	5
≥160	2	4	3	6

Male		Female	
Point Total	10-Year Risk %	Point Total	10-Year Risk %
<0	<1	<9	<1
0	1	9	1
1	1	10	1
2	1	11	1
3	1	12	1
4	1	13	2
5	2	14	2
6	2	15	3
7	3	16	4
8	4	17	5
9	5	18	6
10	6	19	8
11	8	20	11
12	10	21	14
13	12	22	17
14	16	23	22
15	20	24	27
16	25	≥25	≥30
≥17	≥30		

Enjoy one free admission to a **New Heart Class.**
 Expiration 3/30/07.
 Please call to reserve your class space, space is limited.
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New Heart
 Wellness • Fitness
 Cardiac Rehabilitation

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