



# Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race

By James Beckerman M.D.

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## Do You Have the Heart to Start?

Heart disease is the #1 killer of men and women everywhere. All of us are at risk, which means that all of us have the opportunity to make a difference for ourselves and our families. This is your first step.

*Live Longer.* Get on your feet and add years to your life. Find your starting line with fun fitness self-assessments and get on track with an exercise prescription that is actually tailored to you.

*Beat Heart Disease.* Dr. James Beckerman, a Harvard and Stanford trained cardiologist, explains the latest scientific research and combines motivation with modern medicine to help you live your healthiest life, whether you have heart disease or are one of the millions of people at risk.

*Run Your Best Race.* Eight weeks will get you into shape, and the 5K training plan will get you across the finish line. Join our #hearttostart team, sign up for an event, and achieve a new goal! Learn more at [hearttostart.org](http://hearttostart.org) and become part of our movement at [facebook.com/hearttostart](http://facebook.com/hearttostart).

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**Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race** By James Beckerman M.D. **Bibliography**

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**Editorial Review**

**Review**

"Although I have coached athletes to Olympic gold medals, I'm using *Heart to Start* as my training guide to help my own father get in shape and live a healthier life."

ALBERTO SALAZAR, Three-time New York City Marathon winner, cardiac arrest survivor

"Dr. Beckerman's bedside manner jumps off the page."

EUAN ASHLEY, MRCP, DPhil, Cardiologist and Director, Stanford Center for Inherited Cardiovascular Disease

"*Heart to Start* is a must read. Cardiologist Jamie Beckerman leverages his wealth of personal and professional experience to develop a tangible and obtainable platform for health and longevity. For the patient grappling with heart disease or the care provider looking to better serve his or her patients, *Heart to Start* passionately demystifies the 'exercise health halo' and reminds us that we were all born to move, both in sickness and in health."

AARON BAGGISH, M.D., Cardiologist, Massachusetts General Hospital; Co-Medical Director, Boston Marathon

"Dr. Beckerman's book is vital to those looking to get their heart in shape. Not only does he show you that it's within your power to prevent America's #1 killer, but he also provides step-by-step instructions on how to incorporate moving more into your life."

MICHAEL SMITH, M.D., Chief Medical Editor, WebMD

"Dr. Beckerman has the warmth of a close friend, the you-can-do-it encouragement of a good coach, and the scientific savvy of a doctor who lives what he loves. Just as he says, with this great line from his book: Prepare to be moved."

TED SPIKER, Author of Down Size

"Physicians, get out your prescription pads and prescribe this book to every one of your heart patients. This encouraging, common sense and easy-to-read book deserves to be in the hands of all freshly-diagnosed heart patients and those who love them."

CAROLYN THOMAS, Heart attack survivor and patient advocate, [myheartsisters.org](http://myheartsisters.org)

"*Heart to Start* is a realistic and enthusiastic prescription that will not only bring years to your life, but more importantly, life to your years."

YONI FREEDHOFF, M.D., Obesity expert and author of The Diet Fix, [weightymatters.ca](http://weightymatters.ca)

"Dr Beckerman brings a fitness plan for life straight from his heart. *Heart to Start* is an easy-to-follow guide to a heartfelt and fitness-filled life."

DAVE WATT, Executive Director, American Medical Athletic Association and American Running Association

"The turn to health often begins with a spark, a reason, a goal. *Heart to Start* provides that nudge, and with readable prose and real-world human stories, Dr. Beckerman also provides the most valuable treatment in all of Medicine - knowledge."

JOHN MANDROLA, M.D., Cardiologist and bicycle racer, drjohnm.org

#### About the Author

James Beckerman, M.D., F.A.C.C is a cardiologist and medical director of the Center for Prevention and Wellness at the Providence Heart and Vascular Institute in Portland, Oregon. He directs the cardiac rehabilitation program at Providence St. Vincent Medical Center and is the founder and medical director of Play Smart Youth Heart Screenings. Dr. Beckerman graduated summa cum laude from Harvard College and earned his doctorate from Harvard Medical School. He completed his medical training at Massachusetts General Hospital and Stanford Hospital and Clinics. He formerly chaired the Oregon Governor's Council on Physical Fitness and Sports and is the team cardiologist for the Portland Timbers Major League Soccer team. He serves on the clinical advisory boards of WebMD Health Services and Fitness Magazine. For information about speaking engagements or bulk purchases, email [hearttostart@providence.org](mailto:hearttostart@providence.org) or find Dr. Beckerman on Twitter at @jamesbeckerman or on Facebook at [www.facebook.com/drjamesbeckerman](http://www.facebook.com/drjamesbeckerman).

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##### **Curtis Tyson:**

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**John Dinwiddie:**

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