The Benefits of a Healthy Heart

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THE BENEFITS OF A HEALTHY HEART

Abstract

If your teacher requires an abstract, center ‘Abstract’ on the top of page two. Come down one line, but DO NOT indent. An abstract is a summary of the research you have done. It should be concise and include the key points of your research. The abstract should only be about 150 to 250 words. Readers will decide if they want to read your entire article based on your abstract. Abbreviations and acronyms should be defined in the abstract. After defining terms, you may use the abbreviations and acronyms in the body of your paper. Your keywords should also be listed in the abstract. Please note that the word ‘Keywords’ is italicized and indented.

Keywords:

Start your paper on the next page.
The Benefits of Heart Health

Start your paper on this page. You will begin indenting your paragraphs. Use Times New Roman 12, double space, and 1” margins.

In-Text Citations

This is an example of how to correctly use in-text citations. A proper in-text citation format will be in the author, date style. For example, (Light, 2012) would be a correct citation for a statement that was paraphrased. It should appear at the end of the statement. The author’s last name, Light, will direct the reader to the source’s full citation in the list of references for further information about the source. If a direct quote was used, the page numbers would also need to be listed (Light, 2012, p. 123). If you mention the author’s name using a signal phrase before the quote include the year with the author’s name. Only the page number would be listed in the in-text citation after the quote if the signal phrase preceded the statement. The following is an example: According to Light (2012), “85% of students who exercised daily had a lower resting heart rate than those who exercised three times a week” (p. 16). If the author’s name is not listed in a signal phrase, include the author’s name, year of publication, and a page number inside the parentheses at the end of the quote (Light, 2012, p.178). If page numbers are not available use the paragraph number. This situation would occur if you were using a website or a journal through the TEL.

Place block quotes (over 40 words) in a free standing block of text. Start the quote on a new line using a block quote format (keeping the whole quote tabbed). Note the quotation marks have been removed for proper block quote formatting. The citation should come after the closing punctuation.

Agomo (2015) states:
Midlife women at risk for stroke are often unaware of their personal risk status for stroke. The American Heart Association recommends that all women lead lives that include healthy food choices and physical activity, regardless of risk status. "Be Wise," an evidence-based cardiovascular risk reduction program, was effectively delivered to low-income women receiving primary care services at a community health center. (para. 35)

If you choose to omit the signal phrase at the beginning (Agomo (2015) states:) you may list the whole in-text citation at the end of the block quote.

...income women receiving primary care services at a community health center. (Agomo, 2015, para. 35)

If an author is not listed for your source, the parenthetical citation would be an abbreviated version of the title and the year. An example being (The Effects, 2010). The abbreviated version of the title should be enough to allow the reader to recognize the source listed in the References properly. The title of the article is not italicized or have quotation marks. Titles of the larger work is italicized. For example, if the title of the article is Benefits of a Healthy Heart, quotations and italics will not be used. However, the article in inside a larger publication such as a magazine or journal. The title of the magazine/journal will be italicized. If the text is attributed to “Anonymous” then use the following citation format: (Anonymous, 2010).

Captions for Figures

When a figure is referenced, do not include the figure with the text of the paper. Each, image, table, chart, etc. should be on a separate page after the reference page. The figures should be numbered consecutively as they appear in your paper. Each figure should also have a caption below it. Your caption should briefly explain what the figure is about and how it
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connects to the information in your paper. To reference a figure in the text of the paper simply state ‘Figure 1 illustrates the difference of a healthy heart and one enlarged by alcoholism’. A parenthetical citation would follow the quote or paraphrased statement from the figure. See an example of appropriate location, format, and caption of a figure on page 9.

References

Similar to MLA style, in APA all sources are listed in alphabetical order by the author’s last name. When an author is not given, the title will come first in the citation. If you have multiple sources by the same author, list the citations in chronological order from the earliest to the most recent. Please note that the list of sources is called ‘References,’ not ‘Works Cited.’ Below is a sample reference page on page six. Pages seven and eight are example citations for various sources. Please follow all formatting rules as outlined below for each citation.
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References


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Author, A. A. (Year of publication). Title of work: Capital letter also for subtitle. Location: Publisher.

Author, A. A., & Author, A. A. (Year of publication). Title of work: Capital letter also for subtitle. Location: Publisher.

Author, A. A. (Year of Publication, Month and Day). Title of article. *Title of Newspaper, volume number*, page range.

Author, A. A., Author, B. B. (Eds.). (Year of Publication). Title. Location: Publisher.

Author, A. A. (Year of Publication). Title of article. *Title of Book*, (p.). Location: Publisher.


Screen name. (year, month day). Title of video [Video file]. Retrieved from http://

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Artist, A.A. (Year). *Title of the artwork* [Type of work]. Retrieved Month Day, Year, from: from URL (address of web site)

*Title of work*, [Type of work]. (Year image was created). Retrieved Month Day, Year, from: from URL (address of web site).

Subject and type of work. Retrieved Month Day, Year, from: URL (address of web site).

Title of work [Map]. (Date or date of latest update Year, Month Day). Retrieved from URL
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**References** – All sources should be listed in alphabetical order. Each entry is double spaced with a hanging indent. Please see the examples below for the format for specific sources. If an author is not listed, the title would come first. If a date is not available, the appropriate entry is (n.d.).

***ABOVE ALL: Follow your teacher’s instructions! Even if the CURRENT edition of the APA Style Manual tells you something different than what your teacher says DO WHAT YOUR TEACHER SAYS!***
Figure 1. This infographic illustrates the different symptoms that men and women experience when having a heart attack.
Weekly Exercise Plan

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Rest</td>
</tr>
<tr>
<td>Monday</td>
<td>Cardio for 30-45 minutes – Walk, jog, swimming, biking</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Strength Training – weights, cycling, push-ups, sit-ups, walking hills</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cardio for 30-45 minutes - Walk, jog, swimming, biking</td>
</tr>
<tr>
<td>Thursday</td>
<td>Cardio for 30-45 minutes - Walk, jog, swimming, biking</td>
</tr>
<tr>
<td>Friday</td>
<td>Strength – weights, cycling, push-ups, sit-ups, walking hills</td>
</tr>
<tr>
<td>Saturday</td>
<td>Cardio for 30-45 minutes - Walk, jog, swimming, biking</td>
</tr>
</tbody>
</table>

Table 1. This table shows a sample exercise plan for one week that promotes heart health.