



The Benefits of a Healthy Heart

Becky Light

Notre Dame High School

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. 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. The header of page one contains the page number and the words 'Running head:' followed by the title of the paper in all caps. For the rest of the pages, you need to include the title and the page number, but you will not include the words 'Running head:'. You will still have the title in all caps. If the title of your paper is longer than 50 characters, you will need to abbreviate it for the header. Do not choose the first 50 characters for your running head. Condense the title to 50 characters, but it must accurately depict the topic of your paper. On the title page, you will include the title, your name, and your school in the center of the page.

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 in 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 of the article 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. Notice since it is the title of the article it is in quotations. If you are citing an entire book the citation would still be an abbreviation of the title, but the title would be italicized instead of quotations. An example being (*The Effects*, 2010). If

the text you are using 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 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 6. Pages 7 and 8 are example citations for various sources. Please follow all formatting rules as outlined below for each citation.

References

- Agomo, H. C., Andresen, P. A., & Deshmukh, D. (2015, February). Be wise: implementing a lifestyle intervention to reduce stroke risk in low-income midlife women. *Journal of Neuroscience Nursing*, 47(1), 36+. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA399571214&v=2.1&u=tel_s_tsla&it=r&p=AONE&sw=w&asid=c765aa8fcab7cf91fa1dc9422061f060
- Cutting one's risk of heart disease by 50%. (2015, January 3). *Philippines Daily Inquirer* [Makati City, Philippines]. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA396298416&v=2.1&u=tel_s_tsla&it=r&p=GPS&sw=w&asid=95b8ce6656c adb9ed45927fb6b a7fb85.
- Heart attack warning signs*. [Infographic]. (2017). Retrieved February 5, 2019, from: <https://www.premierhealth.com/Your-Wellness/Live-Well-Stay-Well/Managing-a-Health-Condition/Heart-Disease/Heart-Attack-Warning-Signs/>
- Newton, D. E. (2000). Heart attack. In *Sick! diseases and disorders, injuries and infections: Volume 2* (pp. 355-363). Detroit, MI: U·X·L.

Author, A. A. (Year of Publication). Title of article. In *Title of Encyclopedia*. (Vol. , pp.). Location: Publisher.

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.

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

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

Title. (Date). Retrieved from <http://>

Author, A. (Date). Title of document. Retrieved from <http://URL>

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

Title of work. [Type of work]. (Year image was created). Retrieved Month Day, Year, from: [from URL](http://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

****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	
Sunday	Rest
Monday	Cardio for 30-45 minutes – Walk, jog, swimming, biking
Tuesday	Strength Training –weights, cycling, push-ups, sit-ups, walking hills
Wednesday	Cardio for 30-45 minutes - Walk, jog, swimming, biking
Thursday	Cardio for 30-45 minutes - Walk, jog, swimming, biking
Friday	Strength –weights, cycling, push-ups, sit-ups, walking hills
Saturday	Cardio for 30-45 minutes - Walk, jog, swimming, biking

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