



Fitness is from
the Chin UP!

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DID YOU KNOW

Being 20% overweight or more, significantly increases your risk of developing heart disease. Especially if you have a lot of abdominal fat. The American Heart Association has found that even if you have no related health conditions, obesity itself increases your risk of heart disease.

Did you know that by reducing your weight by just 10%, you can begin to lower your risk of developing heart disease and other related health problems.

Have a Fitness question for Rhonda? Email her at: rhofit@sbcglobal.net

HAPPY VALENTINE'S DAY!

- Rhonda



Exercise for a HEALTHY HEART!

February is heart awareness month and not because of Valentine's Day. A sedentary (inactive) lifestyle is one of the top risk factors for heart disease. Although heart disease is the single largest killer of American men and women, we are fortunate that it is also a risk factor that we can do something about!

What you do, what you eat and how you live can change how your heart works. YOU HAVE THE POWER to make your heart stronger with just a few changes in your lifestyle. Prevention, through education, is key. Become familiar with heart disease symptoms for women and men and make some changes. Know your family history; learn what things stand in your way of having a healthy heart.

WHAT YOU CAN DO:

- **Regular exercise, especially aerobic exercise**, has many benefits that include: Strengthening your heart and cardiovascular system. It improves your circulation and helps your body use its oxygen better. Exercise helps reduce stress, tension, anxiety and depression, other things that contribute to heart disease. It improves muscle tone, strength, posture and increases energy levels so you can be more active and less tired. I could go on and on, but you get the idea. EXERCISE has many benefits for your overall well being and heart!
- **A healthy diet** is also an important part of lowering your risk for heart disease. The American Heart Association recommends a diet that contains no more than 30% of daily calories from fat. If you eat a diet of 2,000 calories per day, no more than 600 calories should come from fat. Start your day off with a balanced breakfast that includes protein, healthy fats and whole grains to avoid overeating later. For lunch eat filling, high fiber and water-containing foods such as fruits, vegetables, beans, whole grains and soups. Make sure to get enough lean protein, like turkey and chicken. Eat smaller meals spaced throughout the day, but eat only when you are hungry, not when you are stressed, bored or tired.
- **Other changes include . . .** Quit smoking, get enough sleep and watch for stress factors.

YOU have some control over how healthy your heart is. . . Begin with a change in attitude, the past is the past, today is the present. Get rid of excuses and look forward to a heart healthy future.

UPCOMING EVENTS:

Seminar: "Jump start your Metabolism." - Saturday, Feb. 6th @ 11:00 a.m. at Rhonda's Fitness. **There are still some seats available.** Cost is \$10.00. Don't delay, sign up today!

Free 1 Week Pass

At Rhonda's Fitness Center



Come by and start seeing the results you want!

