



FEBRUARY

Reduce the amount of stress in your life to lower your blood pressure, leading to a healthier heart

Get as much sleep as you can at night to help your body be more efficient overall.

Pick up the strength training workout of the month at the front desk!

Stressed in traffic? Try listening to an audio book on CD or putting on classical music.

♥ Healthy Heart Workouts ♥

Workout #1: Quick 30 minute burner

Hop on any piece of equipment that gets your heart rate up like the elliptical, upright bike, treadmill, stair climber or rower. Go 1 minute at a medium pace, 1 minute at a hard pace (level 9/10 on a 1-10 scale) and 1 minute at a recovery pace.

Repeat that 10 times for a 30 minute workout. Adjust the equipment to fit your body, that means, instead of feeling like you have to sprint if you are on the treadmill use the incline function to get your heart rate just as high but without making the workout harder on your joints. Same with the upright bike, use the resistance function for climbing a hill or use an easier level and turn it in to a sprint.

Workout #2: Longer, great calorie burner

Again, you can get on any piece of equipment, although the rower might be difficult and long for this one. Warm up for about 3 minutes and then keep your workout at a level 5/6 (on a 1-10 scale) for 50 calories and then bump it up to a 8/9 for 50 calories, back down to 5/6 for 60 calories and up to the 8/9 for 60 calories, continue adding ten calories to each set until you get to 100 calories in both levels.

Finish and cool down for about 3 minutes before stretching.



◆ NUTRITION TIPS FOR A HEALTHIER HEART ◆



Limit the amount of salt you consume in a day: The sodium hardens your arteries making it harder for your blood to pump to and from your heart. Packaged food and canned soup has a lot of sodium so check the labels. Also food that is prepared in restaurants typically has a higher sodium content so drink a lot of water the rest of that day and the next day to help flush it out.



Drink your water: the water helps flush out extra sodium and garbage that your body doesn't need helping your body systems to work more efficiently.

Fill up on fiber: Fiber will gather the "stuff" from your intestines and help to flush out the bad nutrients, plus fiber keeps you more full for a longer period of time meaning you'll eat less empty-calorie type foods throughout the day.