

# IN THE CENTER

February / March 2015

## RISK FACTOR & HEART HEALTH INFO:

**American Heart Association**

**Million Hearts**

**National Heart, Lung and Blood Institute**

**World Health Organization – CVD**

**Heart Hospital of Lafayette**

**Cardiovascular Institute of the South**

## FEBRUARY IS NATIONAL HEART MONTH

Did you know that heart disease is the leading cause of death amongst men and women in the United States? Every year, 1 in 4 deaths are caused by heart disease! But the good news is heart disease can often be preventable. The key to prevention is knowing the facts and educating yourself on ways to live a healthier lifestyle. Knowing your ‘numbers’ is an additional component to prevention. Keeping track of your blood pressure, cholesterol, triglycerides and even blood sugar can aid in the fight against disease.

We invite you to use us to help you monitor your ‘numbers’! We are available to take your blood pressure and/or check your cholesterol. During the month of February, let us keep you on track with regular blood pressure monitoring. Blood pressure log sheets will be available in the gym area. If you are interested in having your cholesterol checked (for a small fee), please schedule an appointment with Monica or Maranda.

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*“It is health that is real wealth and not pieces of gold and silver!” – Mahatma Gandhi*

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***Schedule Your Cholesterol Screening Today!***

## FITNESS MARDI GRAS HOURS

**Mardi Gras – Tuesday, February 17**

Open 5am – Noon

## **Class Schedule:**

Water: 9 & 10am, Land: 9 & 10am

## CHESTER'S CORNER

Bonejour Everyone,

Welcome back from the holidays to a brand new year! Resolutions are abounding. I hope yours are not running away with you. Below are some interesting and simple ways to stay on the trail:

1. Keep your eye on the ball. If you don't catch it the first time, try again. Make note of what you HAVE accomplished instead of what you haven't and build on your strengths, not your weaknesses.
2. Set smaller, doable goals; just like chewing food – chew one bite at a time instead of wolfing down too much.
3. Savor your accomplishments, large or small. When you take a few moments to remember your feats, you remind yourself of how well you did, which can encourage you to repeat your feat.
4. Share your accomplishments with your pack – two tails wagging is way more fun than one.
5. I'll be the first to admit, I sometimes eat on the run, but sitting down forces me to set the intention to eat consciously instead of mindlessly, out of boredom or being in a hurry. The next time you prepare your meal or snack, try sitting at the table. Bone appetite!
6. And you might want to sit down for this one:

Take a stand for standing: Did you know if you can stand up every 20 minutes — even if you do nothing else — you change how your body responds physiologically.

Your muscles are contracting, you're maintaining your balance, and you're resisting the force of gravity. Standing qualifies as non-exercise activity thermogenesis or NEAT. These are everyday activities that help burn calories. If you do a bunch of NEATS in one day, it all adds up. Just standing versus sitting can burn 20-50 more calories per hour. Every little bit counts.

Oh, and if you want your heartstrings pulled, check out “Derby the Dog Runs for the First Time, Thanks to 3D Printing” – the video will make you smile!

We all look forward to seeing you at The Fontana Center!

Chow,

*Chester*

