

CitrusRoute

PERSONAL TRAINING

Heart Health

What is heart disease? It's an umbrella term for any type of disorder that affects the heart. For example: angina, an arrhythmia, congestive heart failure, myocardial infarction (heart attack), or congenital heart disease (born with an issue, such as a hole in the heart).

There are risk factors for heart disease that we can't control.

1. Family history
2. Increasing age

There are risk factors we can control for a healthy heart!!

1. Quit smoking!!
2. Control High Blood Pressure! Check your own blood pressure to make sure your number is 120/80 or close to!
3. Get active! Walk, run, bike, swim, and dance! At least 30 minutes a day or in 3 bouts of 10 minute increments which can decrease your risk of heart disease.
4. Eat Right! Try changing one unhealthy habit. Don't add sugar to your coffee. Choose whole foods with less saturated and trans fats. Eat more vegetables and fruits.
5. Loose weight! Excess weight puts strain on your heart and increases the risk for diabetes, high blood pressure, and high cholesterol.
6. Check your cholesterol level! As your total amount of cholesterol increases, your risk for heart disease increases. In general your total cholesterol should be less than 200 mg/dl. The good cholesterol (HDL) should be higher than 50 mg/dl. The bad cholesterol (LDL) should be less than 130 mg/dl. Speak to your doctor!
7. Reduce Stress! Practice meditation, go for a walk, do some deep breathing, or practice yoga!

Newsletter February 2015



Get Out There! Lets embrace winter activities while we can!

Try snowshoeing, cross-country skiing, or go tobogganing:

Learn to Urban Pole: March 27, 2015

Private personal training sessions also available with Registered Kinesiologist & Exercise Specialist. Cindy Catton, R. Kin.

Contact Cindy today.

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