

# Downtown Health & Fitness

FEBRUARY 2017

## Dates to Remember:

**President's Day**  
**Monday, February 20**

**FREE FRIEND DAY**

**Tuesday, February 14th**  
**Valentine's Day**

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*Happy Valentine's  
Day*

*Sweetheart of a Deal*  
*2 for 1 Joining Fee*



*Or half off the joining  
fee for an individual  
membership*

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## Loving Your Heart

*By Laurie Sevier, Personal Trainer*

The most important muscle for you to take care of is your heart! Heart Disease is the number one cause of death for both men and women in the United States! You probably know that exercise is good for your heart, but why?

American Heart Association recommends at least 30 minutes of moderate activity (a level at which you can carry on a conversation) a day, totaling around 150 per week, to protect your heart against heart disease. Being active can increase your HDL (good cholesterol levels), lower blood pressure, help you lose weight, and manage stress by strengthening your heart muscle. It can even regenerate the cells of a damaged heart! Of course, eating healthy, limiting stress, knowing your family history, not smoking, and limiting alcohol intake also help reduce your risk of heart disease.

If you have not had your cholesterol checked, it is a good idea. HDL cholesterol or "good" cholesterol helps protect you from getting heart disease. Men should have levels over 40 and women should be over 50 to protect them from heart disease. Consistent activity can bring your HDL cholesterol levels up (some are saying better than medication can).

Healthy weight and blood pressure are directly related. Losing weight may help you reduce your blood pressure medications or even eliminate them.

Adding moderate aerobic activity will not only burn more calories than sitting on the couch but develop muscles that will burn calories at a faster rate. Losing weight

will lower your chance of heart disease. When you lose weight, you reduce your heart's workload. Your coronary arteries that supply blood to your heart work much better with less fat that can build up and clog them, causing heart attacks. Reduce your weight, reduce your risk!

Exercise benefits your heart by reducing stress. It increases the "feel-good" neurotransmitters called endorphins. It is an active form of meditation. As you focus on your activity, the worries of your day fade away. It can increase self-confidence and relax you, which improves your mood. This may help you remain calm throughout your other daily activities.

Do what you love! It is important to pick a physical activity that you enjoy. Some examples may include walking, stair climbing, jogging, bicycling, some of our wonderful classes at the gym, gardening, weightlifting, swimming, and golf.

Your heart is an amazing muscle! New research from the American Heart Association claims that exercise can spur the growth of new cells and blood vessels in people with heart failure, and they may gain up to 70% of their exercise capacity, if they stick to an exercise program (Axel Linke, MD). As you develop your workout routine and include consistent daily aerobic activity, your body begins to more efficiently utilize oxygen and therefore strengthen your heart muscle. It is time for you to love and take care of your heart!

## CLASS HIGHLIGHT

### Yoga

The practice of Hatha Yoga is about aligning the body, therefore benefiting its function. Through the practice of physical postures and control of the breath, balance in the body may be achieved.

There are many benefits to cultivating a regular yoga practice including:

- \*Increased flexibility, muscle strength and core
- \*Improved balance and coordination
- \*Quieting the mind, allowing for greater focus
- \*Increased blood flow
- \*Improved respiration, energy and vitality
- \*Improved posture and many more benefits

Yoga increases a deeper awareness on many levels and has a long tradition of promoting health, happiness and a sense of well-being. Yoga presents its own joy!

Enjoy your yoga and do more!!!!  
Susan Shakespeare

Susan teaches Yoga Tuesdays & Thursdays at 11:30 am & every other Saturday at 10:15am

# Heart Healthy Turkey Chili

## Recipe of the Month

### Ingredients:

1 lb. ground turkey  
 1 8 oz. can red kidney beans  
 3 cloves garlic  
 1 jalapeno pepper  
 2 roma tomatoes  
 1 yellow onion  
 1.5 c chicken stock  
 1.14 oz. can tomato sauce  
 1oz. 100% cacao bakers chocolate  
 1/2 tsp. cayenne pepper  
 1.5 tbsp. chili powder  
 1 tbsp. Paprika  
 1 salt and pepper  
 2 tbsp apple cider vinegar  
 1/2 tbsp. olive oil

### Directions:

Sauté onions for a few minutes then add minced garlic and sauté another couple of minutes. Add ground turkey and brown, then add diced red peppers, jalapeno, and diced tomatoes. Add spices and stir then combine kidney beans next. Add chicken stock and tomato sauce, stir and mix, then add chocolate. Set heat to medium-low and simmer for 40 minutes and stirring occasionally.



## In My Heart of Hearts

Annis Cassells

The heart is a hard-working, fist-sized, ten-ounce, blood-filled muscle that has become the universal symbol for love. In its physical capacity, an adult heart expands and contracts approximately 100,000 times a day, delivering nearly 2,000 gallons of blood to every cell in the body. Every sixty seconds, the heart pumps almost five quarts of blood through the body.

This important life force has been romanticized by songs, poems, and expressions. Heart references take on multiple meanings that reveal more about one's temperament, mood, and behavior than about the physical heart. The emotional side of the heart has become an integral part of our lexicon.

*He has a heart of gold.  
 You're all heart.  
 We had a heart-to-heart talk.  
 I had my heart set on it.  
 Cross your heart?  
 I believe it in my heart of hearts.*

*Heart of hearts; heartbroken;  
 heartfelt; change of heart; heartrending;  
 heart throbbing; heartened; faint-hearted;  
 pure of heart.*

Then we have book titles: *Heart of Darkness, Heart of the Lonely Hunter, Heart Made Whole.*

Historically, the heart has played an important part in the beliefs of many cultures. In ancient times, the Chinese related it to the center for

happiness; the Greeks were convinced it was the seat of the spirit. And, though no one is certain of the precise origin of the heart's association with love, the Egyptians believed that both intellect and emotions originated from the heart.

*I love you with all my heart.*

Love and other positive emotions such as compassion, caring, and appreciation produce rolling, regular, harmonious rhythms of the heart. Cardiologist Mimi Guarneri, in a January 2009 interview with Matt Lauer, contrasted this with heart rhythms generated by negative emotions such as anxiety, anger or frustration. The heart's reactions to positive emotions benefit our total health and well being. They communicate to our brain that the heart feels good, and allow the brain to create a warm, gentle feeling -- *heartwarming*.

Hearts become stronger when one is in love. One theory is that love may reduce our blood pressure. Another is that positive attitudes — a great side effect of love — may also reduce the risk of heart attack. Being in love makes people feel optimistic, energetic, focused and motivated.

It's February, the month of love. Maybe the ancient cultures had it right. Be open to staying positive, appreciative, and caring — *to your heart's content*.

Copyright © 2017 Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at [HeyAnnis@aol.com](mailto:HeyAnnis@aol.com). Follow her blog at

## Looking Ahead Walking, running, and hiking events.

**Feb. 19th @ 10am—**

### **Bastendorff Bog**

4-5 mile hike out and back

**Check out South Coast Running Club for more future events and trails to hike!**



Visit [www.coostrails.com](http://www.coostrails.com) for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com).

## Member Feature

*Get to know our members! We randomly select members to feature each month. You could be next!*

### Chaukae Donley

**Q:** How long have you been a member of Downtown Health & Fitness?

**A:** 2 years

**Q:** What is your favorite type of exercise?

**A:** Running outside, elliptical, yoga-SQUATS!

**Q:** What keeps you active?

**A:** My family

**Q:** What is your favorite healthy snack?

**A:** Berries

**Q:** What is your biggest struggle with health and fitness?

**A:** Motivation. My favorite thing about this gym?  
NO intimidation and it's a little family.

**Q:** What would you like other members to know about you?

**A:** I appreciate every single day.

**Q:** What is your favorite recipe or food you like to eat?

Chicken bone broth, sausage kale soup ♥

See front desk for recipe



## ♥ Healthy Heart is a Happy Heart! ♥

Information from Mayo Foundation for Medical Education and Research. March 20, 2008.

Reducing the risk factors for heart disease is just one of the many benefits of exercise. Aerobic exercise, especially, also helps to lower cholesterol and help you to live a longer, healthier life.

Cardiovascular or aerobic exercise is steady physical activity using large muscle groups. Incorporating cardio exercise into your day will strengthen your heart and lungs and improve your body's ability to use oxygen.

There are also a few changes you can make in your diet to lower your risk for heart disease. They include:

Limit unhealthy fats and cholesterol. The easiest way is to limit the amount of solid fats, ex: butter, margarine, and shortening.

Choose low-fat protein sources. Eat lean meat, poultry and fish, low-fat dairy products and egg whites.

Choose skim milk over whole milk and skinless chicken breasts rather than fried.

Eat more fruits and vegetables. They are a great source of vitamins and minerals, low in calories and rich in fiber.

Select whole grains. Whole grains are a good source of fiber and other nutrients. Choose breads made from 100% whole grain and fiber rich cereals for breakfast.

Reduce the salt in your food. Salt can contribute to high blood pressure. Reducing salt in your food is an important part of a heart healthy diet. Choose herbs and spices, salt substitutes and reduced-salt canned soups or prepared meals.

Practice moderation. Do not overload your plate, take seconds or eat until you feel stuffed. It leads to eating more calories, fat and cholesterol than you should. Use proper serving sizes to help control your portions.

Plan ahead by creating daily menus. Now that you know some healthier choices for your diet you can plan accordingly.