

February is Month

How much exercise do you need for heart health? Canfitpro recommends doing some form of moderate aerobic activity for at least 300 minutes or 150 minutes of vigorous aerobic activity each week. However, beginners could start with lower targets of 150 and 75 minutes. You can spread the minutes out in any manner that works for your schedule. For example, you can take a 22-minute walk each day (moderate) or run 15 minutes five times per week (vigorous). The key is scheduling some form of moderate to vigorous cardiovascular activity into your week and actually doing it.

5 Best exercises to improve heart health Aerobic or cardiovascular exercise is any form of activity that increases your respiratory and heart rate, essentially challenging your heart to work harder and become stronger. Cardiovascular fitness will improve the way your body uses oxygen. As your heart becomes stronger, you will find that you aren't winded walking up the stairs, you can perform physical activity longer, and your resting heart rate will be lower, meaning your heart is more efficient at pumping blood through your body. Though any aerobic exercise is good for your heart, these five physical activities are top-notch for heart health.

Cycling : a low-impact cardio-vascular activity that is easy on your joints. While your heart is pumping you'll also build strength and tone your lower body as well as your core.



Exercises for Heart Health You don't need to be a hardcore athlete to boost your heart health. Moderate exercise can significantly reduce your risk of heart disease and other chronic illnesses as well as improve your endurance, strength and flexibility. Any amount and type of physical activity is beneficial for your overall health, but read on for the amount of exercise and the top five exercises that will best benefit your heart.

Brisk walking : The human body was born to walk. Whether you rack up the miles on a treadmill or hit the road, brisk walking is a natural way to improve your fitness. Though a leisure stroll is better than sitting on your couch, push yourself to walk at a fast pace to achieve a moderate intensity level.

Running : Though more challenging than walking, running is another heart-healthy physical activity that the human body is ready-made to do (barring physical limitations or injuries). In addition, it is one of the best ways to burn calories. For beginners, start with a brisk walk, and add 1 to 2 minutes of running to every 5 minutes of walking.

Swimming : Swimming laps or participating in aqua fitness classes will not only raise your heart rate and improve your heart health, the water provides multi-directional resistance that will improve your muscular strength and tone.

Circuit Training : The purpose of Circuit Training is to keep you moving, improve your muscle strength, endurance and heart health. At Fitness Works for Women we perform cardio and weight training moves between machines which elevate your heart rate and target fat burning. Circuit training works because it causes you to keep pushing your body aerobically while still challenging your strength. You also keep stimulating your brain which helps keep boredom at bay! High intensity circuit workouts focus on elevating your heart rate and work toward fat loss. Low intensity workouts focus on strengthening overall body posture and help you stretch out and release your tension and stiffness. A combination of both kinds of circuits works to benefit your overall health, help build leaner muscles, burn fat, strengthen your bones and increase your enjoyment and appreciation of circuit training.



Creating Community
Changing Lives



Great recipe for left-over roast beef or steak (I came across this recipe after freezing a good chunk of rare roast beef while suffering from the flu and not wanting to waste it!)

Ingredients:

2 medium yellow onions cut in small wedges; 2 stalks celery chopped;
2 c. sliced mushrooms; 2 tbs butter or olive oil;
3-4 garlic cloves, minced; left-over beef or steak, chopped or sliced thinly;
64 oz. beef broth; 1 tbs Worchester sauce;
pepper and salt to taste (I didn't add any salt – enough in broth);
6 oz egg uncooked egg noodles.

Directions:

In large pot, cook onions, celery, mushrooms and garlic in butter or olive oil until onions are golden.
Stir in chopped cooked beef.
Add the broth and the Worchester.
Bring to a boil and stir in uncooked noodles.
Reduce heat and simmer until noodles are tender (8-10 min.)

Nutrition per serving

Calories – 284; total fat – 6.9 g; cholesterol – 80 mg; sodium – 710 mg;
potassium 470 mg; carbs -29 g; protein – 25 g

... **Judy**

FEBRUARY TRAINERS TIP

What are overweight and obesity? *Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.*

You are not alone:

62% of people in Canada are overweight or obese. **25%** obese; (66% and 33% in the U.S.)

19% children 12-19 overweight or obese, 7% obese

These percentages increase with age. Those 65 and over had the highest rate.

What is the fix? Eat less. Move more! Need more specifics? Consult a trainer.

Ariella Tsafatinos

Turn your passion into a profession!

Sign up for the next PTS Course. Course dates

FRI. - February 23rd

SAT. - February 24th

SUN. - February 25th

Register online or by phone: 1-800-667-5622

www.canfitpro.com/en/certification

Location: FitnessWorks for Women

PRO TRAINER: Ariella Tsafatinos

Berry Fruit Salad Recipe :

Only 7 ingredients needed to make this Berry Fruit Salad. All your favorite berries + fresh mint + lemon juice and honey! So easy. So yummy!

Servings: 6 people. Results and timings may vary when adjusting servings

Ingredients :

1 (1 pound) container strawberries sliced
1 pint Blueberries
1 (6 oz) container raspberries
1 (6 oz) container blackberries
1/4 cup mint minced
1/4 cup honey
1/4 cup lemon juice



Instructions 1. Place fruit and mint into a large bowl. 2. In another bowl, whisk together honey and lemon and then toss that together with the fruit. 3. Serve immediately, or if not, store the fruit and honey/lemon mixture separately, as the lemon really starts to break the fruit down!
<https://showmetheyummy.com/berry-fruit-salad-recipe/>