



Keeping Your HEART HEALTHY



Nothing matters more than taking good care of your heart. Here are five heart disease prevention tips to get you started.

1. Don't smoke or use tobacco products. If you smoke, quit. That's the most powerful action you can take to prevent heart disease. When you quit smoking, your risk of heart disease drops dramatically within just one year.

2. Get active. Regularly participating in moderately vigorous physical activity can reduce your risk of fatal heart disease by nearly a quarter. Regular physical activity helps prevent heart disease by increasing blood flow to your heart and

strengthening your heart's contractions so that your heart pumps more blood with less effort. You don't have to exercise strenuously to achieve benefits, but you can see bigger benefits by increasing the intensity, duration and frequency of your workouts.

3. Eat a heart healthy diet. Consistently eating a diet rich in fruits, vegetables, whole grains and low-fat dairy products can help protect your heart. Legumes, low-fat sources of protein and certain types of fish can also reduce your risk of heart disease. Heart-healthy eating also means limiting your intake of saturated, polyunsatu-

rated, monounsaturated and trans fat. Lastly, drinking alcohol only in moderation is part of this lifestyle.

4. Maintain a healthy weight. Excess weight can lead to conditions that increase your chances of heart disease — high blood pressure, high cholesterol and diabetes. Monitor your BMI (Body Mass Index) to keep it under 25. Even small reductions in weight can be beneficial.

5. Get regular health screenings. Monitoring your blood pressure and cholesterol levels can tell you what the numbers are and whether you need to take action.

February Medical & Fitness Seminars



Heart to Heart with a Cardiologist

By Horace P. Dansby, M.D.
Associates in Cardiac Care

Wed., Feb. 25, 11 am
2nd Fl Conf. Rm.

Wellness Spine Class

By Kurt Gray, LMHS
Physical Therapist

Tuesday, Feb. 10 at 6 pm
2nd Fl Conf. Rm.

Strength Training: Why Should I Do It

By Toni Paulino, Exercise Specialist & Personal Trainer

Tues, Feb. 17 at 6 pm and
Wed, Feb 18 at 11 am

To register for these classes, please stop by Front Desk or call 573-4800.

FitLinxx

Top Males

Joshua Overmyer	275,067 pts.
Keith Riche	242,126 pts.
Marcelle Sizemore	218,556 pts.
Keith Riche	21,205,790 lbs
Dave Hood	16,008,237 lbs
Marcelle Sizemore	14,241,488 lbs

2008 Results

Top Females

Dell Byrd	178,175 pts.
Beverly Dearborn	175,992 pts.
Edith Seise	153,125 pts.
Dell Byrd	10,874,144 lbs.
Beverly Dearborn	9,032,925 lbs.
Terry Matheson	4,643,083 lbs.

On The Calendar:

- Feb 5—On The Go Planning Meeting 11 am followed by lunch at Icabod's
- Feb 25—Medical Seminar
- Feb 17 & 18 - Fitness Seminars

2009

Member Appreciation Days:

March 11 & June 10
September 9 & December 9

A professional difference

609 SE 13th Court
Cape Coral, FL 33990

Phone: 239-573-4800
Fax: 239-573-4810

E-mail: wellness@leememorial.org
Website: www.LeeMemorial.org/wellness

Member Notices . . .

Open House: February 11 — Members can bring a guest for free.

Need a Valentine's gift for your sweetheart: See our Front Desk for ideas such as Spa Services.

Nutritional education now available: Check the information wall each month for fact sheets & recipes!

Group Exercise News. . .

It's that time of year again to "jump right in!" Have a blast in any one of our **aquatic group classes**. Known to be low impact for joints, these classes will have you "sweating" in no time. You're guaranteed to have fun, gain muscle strength, increase endurance through cardio workouts and best of all — burn calories. So grab your suit and join us. Class schedules are on the info wall.

Ready to "rev up" your **land workout**? Stop in our cycle studio to burn up to 800 calories per hour as our talented and motivating instructors guide you through an hour of one of the most exhilarating workouts. Classes are designed for all levels; if you are new to the cycling craze, just stop in a few minutes early so you can be properly set up on a studio bike. With the club lighting and great music, you'll be hooked before you know it. We do offer beginner classes every Monday and Tuesday at 6:30 pm.

During February 11 Open House, look for Body Pump, Body Step, Body Combat and BOSU demonstrations throughout the club. Members also can bring a free guest to any Group Exercise Class that day!



Help Fight MS—Walk on Sat. Feb. 21 at Lakes Park, Ft. Myers

MS stops people from moving, but the National MS Society exists to make sure that it does not. We invite you to join the movement by participating in the 2009 MS Walk.

Join the LMHS Team and be a part of the action on Saturday, February 21, for a fun-filled morning and 10K (6.2 miles) walk in our fight against MS. Every Lee Memorial Team member will receive a free breakfast and lunch on Saturday. For more information, contact Sue Baxter at 336-6927.

Ask Your Trainer . . . The Great Debate: Free Weights vs. Machines

Generally speaking, if you are beginning a strength-training program for the first time, or have been away from you program for months or even years, then it's a good idea to try the resistance-training machines for the first 10 to 12 weeks of your program. Doing so will give your body the time it requires to adjust without putting undue stress on your muscles and joints. Using machines may also be easier and less discouraging if you're a novice, because free weights require some coordination to use.

Experienced exercisers may want to use free weights because of the additional training benefits they offer. The choice depends on your level of experience and your exercise goals, and to some extent your personal preference.

The Free-Weight Advantage:

- 1** Free weights incorporate the stabilizing muscles that enable you to perform the movements you choose to make and may be more effective in producing overall muscular strength and power gains.
- 2** Free-weight exercises tend to more closely match the movement patterns you're likely to need for specific sports.
- 3** Free weights are more versatile—you can do a wide variety of exercises with a simple set of dumbbells. You can, for example, hold the weights with palms facing forward, facing your body, or facing the wall behind you. In doing so, you can do three different exercises that will work your muscles in different ways.

Be sure to ask one of the fitness staff to show you how to use the free weights and machines properly. If you forget how, ask until you feel confident that you are using the proper technique to complete each exercise.

Source: American Council on Exercise

