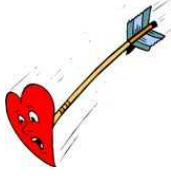


February Newsletter

For Clients and Friends of



Are You Doing THIS For A Healthy Heart?

You already know that exercise and eating right are two VERY important things you've got to do to give your heart some lovin'.

But there's something else you should be doing that you probably don't know about. Let me explain...

There's a "silent threat" to your heart's health that goes unnoticed by most people.

It's surprising, but you really don't hear too much about this in the mainstream media ((I'm not sure why)).

What's more, numerous studies link high levels of this one thing to a much greater chance of heart attack — even if you're already eating right AND exercising.

I'm talking about homocysteine.

Homocysteine is a naturally-occurring, simple amino acid. However, when there's too much in your blood stream, it can damage and irritate the lining of your arterial walls.

This means plaque has a heck of a lot easier time "sticking" to your arteries... and makes them stiff and narrow.

And the link between homocysteine and heart attack is quite alarming.

For example, in one study published in the *Archives of Internal Medicine*, researchers looked at homocysteine and its impact on heart health.

They found that folks with high levels of this amino acid were FOUR times more likely to suffer a heart attack.

Another study conducted in Norway found similar results.

Published in the *New England Journal of Medicine*, this study followed men with heart disease for a six-year period.

Here's what they found—

Men with high levels of homocysteine suffered the highest number of heart attacks... and those with higher levels had lower chances of surviving.

Not fun. So what can you do on a regular basis to protect your heart?

Well, the good news is it's pretty easy. There are cheap, safe and natural supplements you can take daily that keep homocysteine under control — and lower it, if your levels are too high:

Folic Acid—You can find this at any grocery or health food store.

Vitamin B12— Again, this is one you can find at your local grocery store... sometimes sold as a "B complex" that also includes folic acid.

TMG (Trimethylglycine) — You might have to get this one at your neighborhood health store. TMG helps "flush" homocysteine out of your bloodstream.

Also, homocysteine levels can be easily measured with a simple (and usually inexpensive) blood test. Ask your doctor.

So remember — exercise, eat healthy, and watch out for homocysteine to keep your heart healthy and happy!

Healthy Fast Food? Here's How You Can Still Get Good Nutrition — Even When Your Only Option Is The Drive-Thru

It doesn't matter how busy you are... you can still make sure you eat healthy — even when your only option is a quick stop at a drive-thru. Here are 4 tips that can help you make healthy choices which ALL fast food places now offer.

- 1. Cut out the buns.** If you absolutely have to stop at a fast-food joint, that's fine. One way you can remain healthy is to cut out the buns. Eat just the patty. Ideally, choose something with no cheese — preferably grilled chicken.
- 2. Have it YOUR way.** Most places now offer healthy sides instead of French fries. For example, Wendy's will give you a baked potato. Burger King offers apple fries. And McDonald's has a fruit cup.
- 3. CHOOSE a salad.** For the past 2 years now, almost every major fast-food chain offers a healthy salad. Choose grilled chicken, if available. Also, hold the dressing. Most dressings have more calories than a hamburger! If you absolutely must have a dressing, go with a low-fat option. And instead of drowning your salad in the dressing, put it in a small container on the side where you can dip your lettuce in it. You'll eat far FEWER calories.
- 4. Drink water or unsweetened tea.** You're ALREADY at a fast-food place. No need to add to the calorie count with empty calories. The best thing to do is just have water, or unsweetened tea. If you absolutely must have flavor, go for a diet drink, although water is preferred.

No matter how busy you are, you can still use your free will and a little common sense to make healthy choices

Be Inspired!

“When you know what you want, and you want it badly enough, you'll find a way to get it .”

~ Jim Rohn

Valentine's Day As Measured By The Numbers

- **180 million** — This is the number of Valentine's Day cards exchanged on this romantic day every year.
- **Almost 40 percent**—The ratio of Valentine's Day cards that are bought by parents.
- **120** — This is the number of single men in their 20s for every 100 women of the same age.
- **33** — This is the number of single men 65 and over for every 100 women of the same age.
- **58 million** — The number of pounds of chocolate that will be sold during Valentine's week

Did You Know?

We offer a variety of fitness and nutritional services here at

Precision Personal Training, including:

- ◆ **Semi-Private Training (groups of 3 or 4)**
- ◆ **FITT CAMP at Himmel Park and Udall Park 5:30 a.m. & 6:00 p.m.**
- ◆ **Kick Boxing Training Sessions**
- ◆ **30 Min Session Packages**

“You only have one heart—don’t break it!”

Dear Clients and Friends,

Ok, so it’s a play on words... but Valentine’s IS around the corner.

For many it’s a day solely dedicated to affairs of the heart. Well this Valentine’s, I say you give your hardest working muscle the best Valentine’s of all — great health! After all, heart disease is the number one killer in America. That’s why it’s so important to not just get fit to look good, but to keep your heart in great shape.

So give your heart some love all month long! If you’ve been putting off getting your workouts in, get to it. If you’re struggling to eat healthy, create a sensible plan and follow it.

And don’t forget to give your heart the good “stuff” it needs — love and laughter. When you’re feeling stressed, take a few deep breaths and let it go. Don’t take yourself too seriously and be able to find the joy in even the smallest things you do.

If there’s someone in your life who you need to talk to and let them know how you feel, do it. Tell those important to you how much you love them. And remember to take things one day at a time. As the saying goes, “Yesterday is history. Tomorrow a mystery. Today is a gift. That’s why it’s called the present.”

So sit back, relax and enjoy the rest of “heart” month. Happy Valentine’s Day!

To Your Health,
Angie Rios
Precision Personal Training

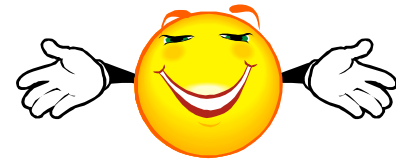
Local Business of the Month

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THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU, we’re the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you. We couldn’t do it without you!

And don’t forget, if you have any questions or concerns about your health, talk to us. Contact us with your, questions. We’re here to help, and don’t enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I’ll do my best to address it in an upcoming issue (or with your personally). ***I’d love to hear from you.***

My email address for comments is

angie@ppt.tuccoxmail.com