



The #1 Killer of Women: Heart Disease

According to the American Heart Association (AHA) heart disease causes 1 out of every 3 deaths killing approximately one woman every minute. Putting this in perspective, 1 in 31 American women die from breast cancer each year, while 1 in 3 dies of heart disease.

What you can do to beat the "Silent Killer"

According to Heart Truth, "By doing just 4 things—eating right, being physically active, not smoking, and keeping a healthy weight—you can reduce your risk of heart disease by as much as 82 percent."

Who is in danger?

There are many risk factors which can contribute to heart disease:

- Age
- Family History
- Smoking
- High blood pressure
- High blood cholesterol
- Being overweight
- Physical inactivity
- High stress levels
- Unchecked diabetes

Exercise to reduce your risk

Physical activity can eliminate many of the risk factors listed above. Studies have shown that exercise can lower your blood pressure, your weight, your cholesterol and your stress levels!

The American Heart Association (AHA) recommends the following for overall Cardiovascular Health:

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150

OR

- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity

AND

- Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

If you are inactive, it's time to get moving. Five times a week probably sounds impossible. That's OK, start with 3 days per week and see how you feel. If 30 minutes seems like a very long time, break it up! The AHA states that three 10-minute periods of activity are almost as beneficial to your overall fitness as one 30-minute session!

You CAN do it. Do it for yourself, do it for your family! Be sure to check with your doctor prior to beginning an exercise program if you have any of the risk factors.

Need help getting started? Contact me karin@xofitness.com



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