

# VILLAGE FITNESS NEWS

Gananda-Walworth Location

February 2018 | [www.villagefit.com](http://www.villagefit.com) | (315) 986-1528

## Heart Health

February is American Heart Month! This brings up an important topic of improving your heart health. The following are tips for a healthy heart. **1.** Get 7-8 hours of sleep per night. **2.** Cut back on salt in diet to help lower blood pressure. **3.** Cut down on saturated fats and eliminate trans fats. **4.** Trade processed carbs for fiber-rich whole grains. **5.** Aim for 30 mins a day, 5 days a week of moderate exercise. **6.** Eat lots of whole, plant-based foods and fewer refined or processed foods. **7.** If you struggle with “emotional eating” talk with a counselor to find other ways to handle those situations. **8.** Quit smoking. **9.** Spend time with the people you are close to. Talk, laugh and confide in each other. **10.** Think progress, not perfection.

## February Lunch & Learn!

### Class Schedule

#### Boot Camp:

Monday & Friday  
5:30-6:30 AM

#### Gentle Yoga:

Thursday  
11:15 AM - 12:30 PM

#### Senior Fitness:

Monday, Wednesday,  
Friday 9:30 AM

#### Body Conditioning:

Monday, Wednesday,  
Friday 8:00 - 9:00 AM

#### Cardio Conditioning:

Tuesday & Thursday  
5:00-6:00 PM

FEBRUARY 2018

# LUNCH AND LEARN!

TIME & TOPIC TBA

## In the Month of January

# Happy Valentine's Day

### Challenge REMINDER!

IT'S NOT TOO LATE!  
*New Year's Fitness Challenge*  
MEASUREMENTS, POINTS & REWARDS & FUN MINI CHALLENGES!  
Begins January 8th & Ends March 2nd

### SPECIALS!!

Share the Love Membership Sale!  
**JOIN OR RENEW WITH A FRIEND FOR 6 MONTHS OR LONGER & YOU BOTH GET 1 FREE PERSONAL TRAINING SESSION & NO JOINING FEE!**  
*Love* 