



**February
2009**

TBS News

American Heart Month

Exercise for a Healthier Heart

The heart is a muscle and, like other muscles, it becomes small and flabby if it isn't used enough. With exercise, the heart becomes stronger, allowing it to move more blood with each beat. This, in turn, causes the heart rate to drop and decreases the workload on the heart.

Regular exercise not only makes for a healthier heart, but it helps to protect the arteries that carry blood to all areas of the body. Exercise helps remove LDL, bad cholesterol, from the blood. LDL sticks to the lining of artery walls causing arteriosclerosis, or hardening of the arteries. Clogged arteries leading to the heart can lead to a heart attack. Exercise also increases HDL, good cholesterol, which helps to keep arteries clear.



Guidelines from the AHA and ACSM

The American Heart Association and the American College of Sports Medicine joined together to define guidelines for heart fitness. A synopsis of those guidelines can be found below, but can be read in their entirety at <http://circ.ahajournals.org>.

“...To promote and maintain health, all healthy adults aged 18-65 years need moderate-intensity aerobic (endurance) physical activity for a minimum of 30 minutes on five days each week or vigorous-intensity aerobic physical activity for a minimum of 20 minutes on three days each week. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation.

...Moderate intensity aerobic activity, which is generally equivalent to a brisk walk and noticeably accelerates the heart rate, can be accumulated toward the 30-minute minimum by performing bouts each lasting 10 or minutes. Vigorous-intensity activity is exemplified by jogging, and causes rapid breathing and a substantial increase in heart rate. In addition, every adult should perform activities that maintain or increase muscular strength and endurance a minimum of two days each week....”

www.ChooseToMove.org

Sponsored by the American Heart Association, Choose to Move is a 12 week program for women who want to make a change in their lifestyle. As part of the Go Red for Women movement, Choose to Move gives women the power to build physical activity into their life and reduce the risk of heart disease – their number one killer.

ZUMBA

"Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program."

Celebrity fitness trainer "Beto" Perez stumbled upon the concept of Latin inspired fitness when he walked into a class he was teaching and realized he had forgotten his aerobic music. His only option was to grab some tapes he had in his car. And Zumba was born.

He brought Zumba to the US in 1999 after much success in his home country, Columbia. In 2002 Zumba became available on video through infomercials. Due to overwhelming response, an instructor training program was created to keep up with the demand for the program.

The Body Shoppe's very own Staci Cutler and her partner, internationally known line dance choreographer Todd Lescarbeau, have been training for Zumba certification to bring it to us here at TBS. Our program will be unveiled in February.

For more information about Zumba, check out www.zumba.com or www.zumbafitness.com

We will have one Zumba class, free to all, in conjunction with the Greenfield Winter Carnival Weekend. Join us on Saturday, February 7th at 11:30 am.

Classes will continue every Sunday at 11:30 am beginning February 15th and will remain free to TBS members. Non members can join the class on a day fee or by purchasing a four class pass.



Zumba's Beto

Greenfield's Winter Carnival February 6-8

TBS Class Schedule Free to All

Friday 2/6

5:15 Weights in Motion and Core
on the Floor
5:15 Spinning
6:15 Spinoga

Saturday 2/7

8:15 Spinning
9:00 Cardio/Step/BOSU
10:00 Spinning
10:00 Weights in Motion and Core
on the Floor
11:30 Zumba

Sunday 2/8

9:00 Step-n-Line Latin
10:00 Spinerval
10:30 Yogease

What's Going On This Month?



What If You Could Save a Life Over Lunch..... You Can!

There is always a need for blood throughout our health system. The only way to meet this need is through donations.

The BHS Blood Mobile will be at TBS on Friday, February 6th from 11:00 am – 2:00 pm

Donations made through BHS stay in our local community.



Coming to TBS

An informational and registration meeting will be held on Thursday, February 5th at 7:30 pm. We anticipate our 12- week program to begin on Thursday, February 12th at 7:30 pm.



Learn and Live.

TBS is offering CPR Certification to members who would like to be certified for the first time, or who have not been certified for many years.

TBS member, Sallie Sawin will teach this 3 hour course on Saturday, February 21st beginning at 11:00 am.

The cost of the course and certification is \$25.00 per person.

Please sign up at the front desk if you are interested. Class size is limited.

February Tanning Special

30 Days for \$30

Sign Up Any Day In February. Get Unlimited Tanning For The Next 30 Days.



And Check Out Our Supply of Select Tanning Lotions on Sale for 50% Off

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