

# TBS News and Updates

## TBS Happenings

February 2008

**Yoga Series:** Join Erika Heilig for some relaxation and stress reduction during her yoga series. Classes are twice a week on Tuesdays at 7:15 a.m. and Wednesdays at 6:15 p.m. beginning Tuesday, January 29<sup>th</sup>. These classes are FREE to TBS members and cost \$12.00 for non-members. Yoga mats and blocks are available to purchase, or you can bring your own.

**New Spinning Classes:** Starting Thursday, Jan. 31<sup>st</sup> - Feb. 21<sup>st</sup>, Jeff will be leading a FREE Intro. Spin at 6:15 – 7:00 p.m. Also, starting week of Jan 28<sup>th</sup>, there will be a new lunchtime spin Mondays and Fridays 12:15 – 1:00 p.m.

**Love Your Heart:** February is heart health awareness month, and to promote this, TBS is inviting you to participate in a new incentive program. All you have to do is set a goal for how many days this month you will visit TBS to do some form of a cardio workout. You will receive a diagram of the human heart, and every day you come in to do cardio, a portion of the heart will be colored in. At the end of the month, if you reached your goal, you will be entered into a drawing for a great prize!

**Pro-Fit Golf:** The next Golf Series will be held Tuesday and Thursday mornings from 9:30 a.m. – 10:30 a.m. beginning Tuesday, February 12<sup>th</sup>. Cost for the series is \$80.00 with a 15% discount for TBS members! Space is limited, so call to reserve your spot today!

**Tae Kwon Do:** Bob Markey and his wife Julie will be coming to TBS to teach a 4-week series of Tae Kwon Do starting Friday, February 22<sup>nd</sup> at 5:00 p.m.! Cost is \$10 for members and \$12 for n.m.

## Rotini with Chicken, Asparagus, and Tomatoes

### Ingredients:

- 8 oz. uncooked rotini
- Cooking spray
- 1lb. Skinless, boneless chicken breast, cut into ¼-inch strips
- ½ teaspoon kosher salt
- ½ tsp. freshly ground black pepper
- 1 cup (1-inch) slices asparagus
- 2 cups cherry tomatoes, halved
- 2 garlic cloves, minced
- 2 Tbs. chopped fresh basil
- 2 Tbs. balsamic vinegar
- 1 Tbs. extravirgin olive oil
- ¼ cup (1 ounce) crumbled goat cheese



### Directions: Yields 4 servings

Cook pasta according to package directions, omitting salt and fat. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle chicken with salt and pepper. Add chicken and asparagus to pan; saute 5 minutes. Add tomatoes and garlic to pan; saute 1 minute. Remove from heat. Stir in pasta, basil, vinegar, and oil. Arrange 2 cups pasta mixture on each of 4 plates; top serving with 1 Tbs. cheese.

**Please give a special congratulations to the Winter Wonderland Weigh-In Raffle Winners:**

**Sandy Campbell and Scott Lyman**

To the rest of the winter lifters, we thank you for participating and hope this incentive helped motivate you to stay healthy and strong during the holiday season!



## Some Info. About Heart Disease and Stroke

Heart disease and stroke are the # 1 and # 3 killers of Americans.

Heart disease is caused by narrowing of the coronary arteries that feed the heart with oxygen and nutrients. When the arteries become narrowed or clogged by cholesterol and fat deposits, they cannot supply enough blood to the heart, and the result is coronary heart disease (CHD). When the blood supply to a part of the heart is completely clogged by total blockage of a coronary artery, the result is a heart attack.

A stroke occurs when an artery that carries blood, oxygen and nutrients to the brain either bursts or is blocked by a clot. When that happens, part of the brain can't get the blood (and oxygen) it needs, so it starts to die. When part of the brain dies from lack of blood flow, the part of the body it controls is affected. Strokes can cause paralysis, affect language and vision, and cause other problems. Seeking early treatment can minimize the potentially devastating effects of stroke, but to receive them, someone must recognize the warning signs and act quickly.

### Signs and Symptoms – call 911 fast!

#### **Heart Attack:**

- Chest discomfort
- Discomfort in other areas of the body
- Shortness of breath
- Pain down the arm
- Pain in the jaw
- Breaking into a cold sweat
- Nausea
- Lightheadedness

#### **Stroke:**

- Sudden numbness of face, arm, or leg
- Sudden confusion, trouble speaking
- Loss of balance
- Dizziness
- Severe headache
- Trouble seeing in one or both eyes

## Ways to Prevent Heart Disease and Stroke

Prevention is something that can be started at any age! Here are some ways how:

**Exercise regularly-** Exercise is one of the easiest and most enjoyable ways to prevent heart disease. The chance of someone who exercises regularly getting heart disease is half that of someone who does not exercise.

**Quit smoking-** Studies show that after five years of giving up smoking, the risk of developing heart disease is the same as someone who had never smoked.

**Get your blood pressure checked-** High blood pressure does not usually have signs or symptoms that go along with it, however it does increase your chances of getting heart disease.

**Cut back on alcohol-** Those who drink heavily are more likely to develop heart disease than those who do not drink.

**Eat a well-balanced diet –** following a balanced diet will help reduce the risk of heart disease. Be sure to eat all of the essential food groups listed on the food guide pyramid.

**For more information on heart health go to:** [www.americanheart.org](http://www.americanheart.org)



**306 High Street Greenfield, MA 01301**

**(413) 774-2138**

**[www.tbs-opt.com](http://www.tbs-opt.com)**

**Owners: Jeff Anderson & Liz Dolby**

**Manager: Steve Shattuck**

**Newsletter Editor: Lindsey Anderson**