



## ATTENTION EXERCISERS

Please make note of the changes in the February schedule. Due to assessments, vacation, and staff training sessions, the changes were unavoidable.

### Fitness Assessments

Tues. & Wed., February 1<sup>st</sup> & 2<sup>nd</sup>

Sign-ups on the table in the Wellness Center Lobby

### NO Exercise Classes on Assessment Days

The Arthritis Class will be held as scheduled

### National Wear Red Day

Friday, February 4<sup>th</sup> is National Wear Red Day

Wear the color red to show your support for the fight against heart disease, especially women's heart disease, the number one killer of women.

### No Fit Steps 2

Thursday, Feb. 17<sup>th</sup>

### No Exercise Classes

Mon., Feb. 28<sup>th</sup> & Tues., March 1<sup>st</sup>

## You Are in Good Hands

Fitness instructors are a dime a dozen, but good, qualified instructors are not easy to find. The following are a list of certifications that your instructors possess to provide a safe environment and effective exercise class.

- ♥ CPR/AED
- ♥ Personal Trainer
- ♥ Group Fitness Instructor
- ♥ Health Fitness Specialist
- ♥ Aquatic Exercise Association
- ♥ Arthritis Foundation
- ♥ Basic Water Safety
- ♥ First Aid

## February is National Heart Month



Exercise and proper nutrition are only two ways to take care of your heart. But did you know that getting enough sleep, keeping stress to a minimum, laughter and maintaining social contacts are also good for your heart?

## 6 Germ Fighting Secrets

This time of year we are all aware of the germs that cause colds and flu, but protecting against germs is something we should do all year long. Most people are aware that hand washing using warm water and soap for at least 20 seconds is highly effective for controlling germs. The following strategies will help protect from cold and flu germs as well as Methicillin Resistant Staph Aureus (MRSA) and other dangerous bacteria.

- ♥ Use sanitizer wipes or gel. Sanitizer wipes are better because the friction caused by the wipes helps remove bacteria and dead skin cells that can harbor bacteria. If using gel, apply a quarter size dollop. Both methods require 20 seconds of rubbing the whole surface of hands and fingers.
- ♥ Use a soap with triclosan to prevent illnesses which are easily spread such as flu, cold and the stomach virus. Triclosan is an antimicrobial agent that kills viruses and bacteria.
- ♥ Bring your own reading material to the doctor's office. Cold and flu viruses can last up to 48 hours on the pages of magazines.
- ♥ Completely air-dry bath and hand towels. Folding wet towels over and hanging them on the rack traps moisture and makes it possible for germs to thrive. Hang towels so that air can reach every part of the surface.
- ♥ Keep your toothbrush upright with bristles at the top so they dry completely. Store it away from the toilet (or close the toilet seat while flushing). Laying your toothbrush on the counter allows moisture to be trapped in the bristles providing an environment conducive to germ growth.
- ♥ Use hot water when washing. Undergarments and bath towels can harbor enormous amounts of germs. Using the hot water setting on the washing machine will kill the germs.



## Heart Vitamins

Heart vitamins contribute to the well-being of your cardiovascular system as well as the rest of your body. Including them in your diet is important in the prevention of heart disease and other preventable conditions. It is always best to get your vitamins directly from the foods you eat but when this isn't possible a vitamin supplement is an excellent alternative.

### What are heart healthy vitamins?

Of all the essential nutrients that our bodies need on a regular basis, vitamins are perhaps the most researched and well-known. Ever since we were children, we were told of the importance of taking our vitamins. These nutrients help our body perform hundreds of different functions and without them we simply cannot survive.

Heart vitamins are specific vitamins which contribute to overall heart health and function, while helping prevent heart disease and other cardiovascular issues.

The most important group of vitamins specifically for heart health is the **B Vitamin Family**. These vitamins serve specific functions that can significantly reduce your risk of developing heart disease.

The B Vitamins, specifically folic acid (Vitamin B9), Vitamin B6 and Vitamin B12 are all responsible for helping the body remove homocysteine from the blood. High levels of homocysteine can cause artery damage. Meat is a good source of B vitamins, which is why vegetarians have an increased risk of dangerous homocysteine levels. It is especially important that they supplement these important heart healthy vitamins. Some foods containing vitamin B9 include: whole wheat bread, sunflower seeds, grapefruit juice, okra and lentils. Vitamins B6 and B12 can be found in meat, fish, soybeans, whole grain cereals, and milk.

Vitamin B3, known more commonly as niacin, may also reduce cholesterol in high concentrations, although further testing is needed to prove this conclusively. As far as other heart vitamins are concerned, **Vitamin E and Vitamin C** work in conjunction with each other to prevent heart disease and other ailments through their antioxidant abilities. Vitamin B3 is found in meat, fish, eggs, legumes potatoes and peanuts. We all know that vitamin C is readily found in fruits such as oranges but did you know that cauliflower, broccoli, red bell peppers and tomatoes also contain vitamin C? Some vitamin E rich foods include almonds, mangoes, spinach, broccoli and kiwi.

As usual, check with your doctor prior to taking new vitamins.

### What am I?

I am the only place where you will find yesterday after today.  
What am I?

I am only a head; I have nothing within. I've got no mouth; I speak with my skin.  
What am I?

I am placed on the table, then cut, then passed around to everyone present, but I am never eaten.  
What am I?

Find the answers to "What am I?" on the Wellness Bulletin Board.