



- \* You should sit quietly for five minutes before being tested.
- \* Your upper arm should be bare.
- \* Neither you nor the clinician should speak while the measurement is being taken.
- \* The appropriate cuff size should encircle at least 80 percent of our arm's circumference.

~Jan

Adapted from  
e-relationship.com

### Jan's Fit Tip



#### Stay Fit to Prevent Disease

As we age, some wonderful things happen: We become wiser and more confident, and learn to appreciate life and good health in deeper ways. Unfortunately, our bodies don't always embrace age quite as well as we'd like! You may notice some changes in your body that occur based on hormones. The biggest change is where you carry your weight and how your body metabolizes the food you eat.

A woman's body goes through many changes in her 20s, 30s and 40s. Childbirth, health problems and stress can take a huge toll on your physique, but managing weight and staying rejuvenated are critical to long-term wellness. Letting your health decline can lead to life-threatening diseases such as diabetes, breast cancer and strokes; that's why you should focus on prevention. One Canadian study showed that regular physical activity can help prevent several chronic diseases, such as cardiovascular disease, diabetes, cancer, hypertension, obesity, depression, and osteoporosis.

So remember to squeeze in 3/30-minute sessions of cardio a week - it'll help ensure you live a long, healthy, happy life.

#### NEED CARDIO WORKOUT?



**Not Sure What? Or How?  
Don't know target heart rate to burn fat?  
Not seeing "Enough" changes?**

**BE HERE SATURDAY  
JAN. 26TH 10AM!**

**Bring a towel, water, heart rate monitor (if you have one)  
and  
LET'S GET IT GOING!!!**

**Since February is National Heart Month I am going to  
keep Cardio Saturday's on through February @ 10AM.**

**This will be after the Saturday classes that run from  
8:30 - 10AM!**

**\$15 per session or  
\$12 per session for existing GTS Clients**

**MAKE NOTE ON YOUR "FIT" CALENDAR,**

**February we will have Saturday Fit Physique classes  
every Saturday @ 8:30 - 10AM**

Have any Questions or comments? Make sure to e-mail us, visit us on Facebook or at [www.fitnessfusionaz.com](http://www.fitnessfusionaz.com), call us, or stop in to the studio. We would love to hear from you!

Make This Your Fittest Year Ever!

Sincerely,



Jan Baker

Owner of Fitness Fusion

Know your target audience. Who are your most important customers, clients or prospects, and why? Know what is important to them and address their needs. Include a photo to make your message even more appealing.

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