

## News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)

Sent: Mon 2/25/13 3:04 AM

To: ~~XXXXXXXXXXXXXXXXXXXX~~



### Fitness Fusion Newsletter

February 25, 2013

Dear Jennifer/Yoga/LAFM,



#### 6 Must-Eat Foods for a Healthy Heart

To help lower cholesterol and high blood pressure, and prevent inflammation and arterial aging, eat these delicious foods:

1. Strawberries -- and just about any other colorful fruit or veggie you can find. Why? Because fruits and vegetables like red grapes, cranberries, oranges, plums, and tomatoes are bursting with flavonoids -- antioxidants that help quell inflammation. And that's a good thing, because inflammation is one of the many processes involved in heart disease. Eat them fresh -- sliced or whole. What could be easier? Aim for 2 1/2 cups of vegetables and 2 cups of fruit a day.

2. Rye bread -- and any other grain product made from whole grains. Whole-grain breads and cereals, brown rice, quinoa, flaxseeds, and whole soybeans are full of heart-protective fiber and magnesium that can help keep your cholesterol and blood pressure in a healthy range. Try for six or more daily servings of whole grains.

3. Avocado -- and other healthy vegetable-based fats. Use mashed avocado, olive oil, and nut butters in place of unhealthy fats. Mashed avocado makes a good sandwich spread if you mix it with a little salsa. And olive oil is a great butter substitute when you're sauteing veggies. Use nut butters and peanut butter in place of butter and cream cheese. Substitutions like these are delicious ways to bring down "bad" LDL cholesterol and boost the "good" HDL kind. Just remember to limit portion size as you would with any other oils or fats.

4. Salmon -- and other fish rich in omega-3 fatty acids. A strong body of research shows that eating fish (as long as it's not fried) helps lower your risk of heart attack, stroke, arrhythmia, high triglycerides, arterial plaque buildup, and inflammation in your arteries. Opt for three portions per

#### In This Issue

[Jan's Message](#)

[Health and Wellness](#)

[Good Eats](#)

[Class Schedule](#)

[Prices](#)

[About Us](#)

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Happy Birthday to our wonderful clients!!

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#### Stay Connected



week of oily fish rich in heart-healthy omega-3 fatty acids.

5. Nuts -- yep, not only do they make healthy nut butters, but they make a great snack, too. And eating nuts regularly can cut your risk of heart disease by 20% to 60%. Almonds, pistachios, and especially walnuts are loaded with heart-friendly fats and are a great source of vegetable protein. Just stick to one handful per day to keep your calorie count down.

6. Dark chocolate -- see, you don't have to avoid sweets entirely. In fact, a little dark chocolate every day is good for your heart.

#### Heart Cutbacks

As you add more heart-healthy items to your daily menu, you also need to curb the foods that age your heart. That means minimizing unhealthy saturated and trans fats, salt, and sugar. But as you can see by the list above, there's no reason to be dismayed when you've got options like apple wedges with peanut butter, low-fat yogurt with raisins, crusty whole-grain breads, fresh berries, olives, veggies with hummus, savory salmon, and even a bit of dark chocolate now and then. So what are you waiting for?

Reprinted from: [RealAge.com](http://RealAge.com)

### Marisa's Health and Wellness Corner



#### 6 Eating Rules for Faster Weight Loss

Reach for high-energy foods

Rev your workouts and speed weight loss while satisfying your body's nutritional needs

Your body needs fuel to exercise, and the source of that fuel is food. That's why some people report feeling hungrier when they start to work out. If you're trying to lose weight, this could be counterproductive--unless you find the right balance of healthy, filling foods.

The typical American diet is loaded with refined or simple carbohydrates such as white flours, rices, and pastas, and pastries, sodas, and other sugary foods and drinks. These carbs, which lack the fiber found in complex carbs (whole grains, fruits, and veggies), are metabolized by your body quickly. So while you may feel raring to go after eating them, that energy boost will soon be followed by a major energy slump, making it hard to give your all during your workouts.

In addition, if many of the foods you eat are metabolized quickly, you'll find yourself feeling hungry more often, which could mean more snacking and a higher calorie intake. To keep from eating back all the calories you've burned, stick to a diet based on these 6 science-backed components.

Excerpted from  
*Walk Off Weight* by Michele Stanton.



#### SMOKED SALMON, AVOCADO AND ROCKET (ARUGULA) SALAD

**Ingredients:**

- Rocket leaves (arugula), about 60g (2 oz)
- An avocado
- 1/2 of a full sized lebanese cucumber
- 100g (3 oz) smoked salmon (I used Tassal brand)
- 1 tbsps sesame seeds

**Dressing (measure to taste):**

- 1 lime
- about 1/2 cup of olive oil (adjust to your preference)
- Salt to taste
- A drop of sesame oil \*optional\*

**Directions:**

In a small dry pan, toast 1 tbsp of sesame seeds over medium flame until lightly brown. Set aside.

Wash and dry the rocket leaves. Set aside.

Slice cucumber. Set aside.

Halve a lime and squeeze the juice into a small bowl. Then add olive oil, sesame oil (if using), salt to taste and 1/2 tbsp of the toasted sesame seeds. Whisk until it emulsifies.

In a salad bowl, add rocket leaves, cucumber and hand torn smoked salmon.

Use an avocado slicer to slice the avocado. To avoid the avocado from turning brown, I dip slices of the avocado in the dressing and add into the salad bowl. Scatter the remaning toasted sesame seeds as a finishing touch.

Serve with the dressing separately.

Reprinted from [Fuss Free Cooking](#)

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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