



Simply Healthy

Volume 17
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PHONE NUMBERS

Elizabeth	3133
LifeChoice	512-6379
YMCA	716-6260
Coops	222-4653
9 Round	226-1633
Rec Center	231-2232
Gold's Gym	225-4653

Elizabeth Keating, RN, MSN Wellness Coordinator

Is Your Heart Healthy?

Letter to Sam

Dear Sam,

I thought we were in this together, but apparently I was wrong. You've been ignoring me for a while. We don't go for walks as often as we used to. You barely eat anything green anymore, And you don't realize the daily pressure you put me under.

It's just too much.....I QUIT!!

Sincerely,
Your Heart



**Battle of the Bulge
Weight Loss
Challenge**
Mid Weigh-In
February 19
8-9 & 11-12
Rose Hall

FLAT BELLY WORKOUT

- 30 JUMPING JACKS
- 20 HIGH KNEES
- 30 SQUATS
- 20 LEG LIFTS
- 20 JUMPING JACKS
- 30 HIGH KNEES
- 30 CRUNCHES
- 120 LEG LIFTS
- 10 PUSHUPS
- 1 MINUTE PLANK

LET'S DO IT!!!



Peace Out, Pain

Just 30 minutes of daily meditation can shorten your migraines by a whopping three hours - a recent study found. But you don't have to sit around om0ing. Work mini mindfulness sessions into your day. Relax in the morning with your tea or coffee before the day begins or in the evening, when everyone has fallen to sleep. Take time for you!!!

30 DAY WALL SIT CHALLENGE

1 10 seconds	2 20 seconds	3 30 seconds	4 40 seconds	5 50 seconds
6 1 minute	7 1 minute 10 secs	8 1 minute 20 secs	9 1 minute 30 secs	10 1 minute 40 secs
11 1 minute 50 secs	12 2 minutes	13 2 minute 10 secs	14 2 minute 20 secs	15 2 minute 30 secs
16 2 minute 40 secs	17 2 minute 50 secs	18 3 minutes	19 3 minute 10 secs	20 3 minute 20 secs
21 3 minute 30 secs	22 3 minute 40 secs	23 3 minute 50 secs	24 4 minutes	25 4 minute 10 secs
26 4 minute 20 secs	27 4 minute 30 secs	28 4 minute 40 secs	29 4 minute 50 secs	30 5 minutes