



**February 2010**

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**BODY TECH FITNESS Celebrates HEALTHY HEART MONTH With ZUMBA**

On February 26<sup>th</sup>, join Body Tech Fitness in Lambertville New Jersey for a Zumba Zinger honoring the American Heart Association. "Heart disease is the number one killer of women in the United States, causing one in every three female deaths", according to the American Heart Association. "We want to raise awareness about Heart Disease in our community and we are making a statement by requesting all Zumba Zingers to wear red", says owner and general manager, Kendra Lelie of Body Tech Fitness.

The American Heart Association reports that too many women die each year because they are unaware of this vital statistic. Almost one woman dies every minute of this largely preventable disease. "We must shatter the silence by choosing to speak up about heart disease and help save lives" says Lelie. The American Heart Association provides ways in which everyone can make better choices to live a heart healthy life. Everyone can make simple changes in their lifestyle including:

- Ask your favorite restaurant for heart healthy options.
- Ask your doctor for a lipo-protein blood screen.
- Use the nutrition facts panel and ingredients list when choosing foods to buy.
- Exercise – Make an appointment with yourself at least 4-5 times a week.
- Think lifestyle – not diet. It's the small changes that make a huge difference.

Body Tech Fitness is hosting the Zumba party on February 26<sup>th</sup> from 5:30pm to 6:30pm with refreshments to follow. A suggested donation of \$15.00 is appreciated and all proceeds will go to the American Heart Association. It will be fun, you will burn calories, and you will enjoy healthy food and beverages. "By wearing red, we can bring a voice to this silent killer", says Lelie. Help us help our community and friends by fighting against heart disease. **Reserve your spot now and help make a difference by wearing red!**

To learn more about heart disease in women visit [www.GoRedForWomen.org](http://www.GoRedForWomen.org). Body Tech Fitness also created a special link to donate to the American Heart Association. Log on to [www.LoveMyBodyTech.com](http://www.LoveMyBodyTech.com) to make a donation to fund vital research and educational programs.

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Body Tech Fitness is located at 80 Lambert Lane, Lambertville, NJ.  
(located 2 minutes from the New Hope Lambertville free bridge)  
609.397.6900