



REDUCE YOUR RISK FROM HEART DISEASE EXERCISE AND EAT RIGHT



Think you don't have enough "time" to exercise? Think again. We all have the same amount of time; 24 hours in a day, 7 days in a week, yet some of us find the time to exercise while others do not. So it is not really about "time" it's about priorities. We all find the time to do the things that are most important to us and if you don't think exercise is a priority for you... think again.

Exercising regularly not only helps you to look and feel better, it can have a dramatic impact on your health which reduces your risk factors for a plethora of deadly diseases. Yes, exercise has been proven to improve the quality and quantity of your life! In fact, doctors today view their patients' fitness level as the best predictor of longevity. Your fitness level provides you and your doctor with a crystal ball into your future health and mortality.

If that isn't enough to convince you to start taking exercise seriously, consider this: lack of exercise or inactivity is now considered a "Major risk factor" for developing heart disease; the #1 killer of both men and women. None of us can forget the tragic event that occurred in our county on 9/11/2001 when 3,000 men and women died senselessly in a horrific event, but did you realize that same number of people die every day from heart disease? Although heart disease is often thought of as a killer of men, over 500,000 women die yearly of the disease in our country alone. That is more than the total number of women dying from the next 7 causes of death combined! (including breast cancer).

What is even more horrific is that most of these deaths are preventable! Scientists and physicians agree that your chances of developing heart disease are greatly dependant on how much you exercise and what you eat. So if your health and longevity are a priority to you, you cannot neglect the importance of exercise. Don't be fooled if you have no symptoms now, heart disease is often a silent killer, showing no signs or symptoms until it is too late, often the first and only sign is a fatal heart attack.

Enough of bad news, the good news is that when you make the decision to take care of your insides it also has a dramatic effect on what happens on the outside. Regular exercise and healthy eating are your best tools to fighting obesity; which is another major risk factor for heart disease and another serious condition plaguing our nation. If you are part of the 65% of our country's population that is overweight you cannot wait any longer to take action.

The staff at Body Tech Fitness is committed to initiating a change in the staggering statistics that are plaguing our nation, and has developed a Weight Management Program that addresses all of these issues. Our program is scientifically sound and provides you with the tools you need to lose weight safely and effectively while improving your health and reducing your risk factors for disease. The program focuses on lifestyle changes that are easy to adapt to and our team of certified and professional trainers will be guiding you all the way on your journey to successful weight loss. This program was developed to not only help you to lose weight successfully; it will also improve the quality of your life. So while you are focusing on taking care of your "outside" we will be working with you to ensure you are improving your "insides"!

April James has a BS in Exercise Science, is a certified Strength and Conditioning Specialist from the National Strength and Condition Assoc. and a certified Health and Fitness Instructor from the American College of Sports Medicine.