

HEALTH & FITNESS

Healthy Hearts Need More Than Romance

Valentine's Day is a time to celebrate with that special someone. But love isn't the only thing that can make a heart happy. Consider the physical state of your heart this February, which is also American Heart Month.

With heart disease being the leading cause of death among Americans (men and women), we could all use a little more TLC for our hearts.

Heart-related illnesses are widespread, but the good news is, unlike certain diseases, your lifestyle choices can have a positive effect on your overall heart health.

Although there are factors that you don't have control over when it comes to heart-health — age, gender, family history — you can take steps to limit the threat and improve your overall well-being by monitoring such

controllable risk factors as diet and exercise.

Food for Thought:

"For starters, consider your diet. Evaluate what you are eating and make some simple changes to protect yourself for years to come," says Ellie Krieger, registered dietitian and Food Network Host.

Some foods are more heart-healthy than others because they have crucial nutrients that improve blood pressure, cholesterol and overall heart function. With just a little bit of knowledge, you can easily incorporate these into your diet for optimal heart wellness.

Foods with Omega-3 fatty acids are excellent for heart health. Omega-3s help lower blood fats called triglycerides, which are harmful to your heart. Omega-3 fatty acids are found in a variety of foods including



salmon, tuna, walnuts, soybeans, brussel sprouts and flax seeds. There are numerous ways to easily add these to your diet.

Increase vegetable, fruit and lean protein intake. Fruits and veggies are not only low in fat and calories, but they are also a great source of vitamins, minerals and fiber. A diet high in soluble fiber can decrease cholesterol and blood pressure.

Choose whole grains over breads, rice and pasta made with refined white flour. Whole grains are an excellent source of fiber and nutrients which help control blood pressure.

Keep your pantry stocked with different varieties of canned tomatoes, which contain lycopene, a leading ingredient in fighting cardiovascular disease. Studies show that canned tomato products may be even better than their fresh counterparts.

Exercise is a crucial element see HEART, next page

New Exercise Studio Features Spinning, Yoga

Hot Body Fitness, an authorized and certified Spinning® instruction facility in San Leandro, has recently expanded its schedule to include Yoga, Qigong, Kickboxing and Zumbia (a hot new dance form).

The studio, located at 645 Bancroft Ave. near Dutton, in the back of Zocalo Coffeehouse, is locally owned and operated by Zack and Kyoung Miller.

"Whether you're an out-of-shape beginner or super-fit, the indoor cycling experience is a great way to tone your body and relax your mind," says Kyoung. "Our instructors customize each session with great music — from old standards to classic Motown to hip modern dance tunes. We aim to make your experience both fun and productive."

Hot Body Fitness opened its doors to first offer indoor cycling classes in mid-2008. "It's a fantastic cardio workout, appropriate for all fitness levels," adds Zack.

The owners plan to offer more Yoga and stretch classes based on demand from the community. The newly remodeled studio has transformed the former JavaGym to an inviting multipurpose space that includes soft lighting, hardwood floors, soothing wall colors and a new heating system — all of which encourage relaxation.

For more information, visit their website at hotbodyfitness.com or send an email to hotbodyfitness@gmail.com.

— Deni Hodges



Kyoung Miller, owner of Hot Body Fitness in San Leandro, teaches Spinning® classes in the back of Zocalo Coffeehouse on Bancroft Avenue.



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Registration forms and our address can be found on our website:
www.florestabaseball.com
Floresta Baseball League has NO zip code requirements.

IMPORTANT: You must bring a copy of your child's birth certificate for age verification.

Applications received after Saturday, Feb. 14, will be placed on a waiting list. An accepted application does not guarantee a place on a team.

2009 PLAYER FEES:
Majors (10-12) \$90.00 • Minors (7-9) \$90.00 • T-Ball (5-6) \$70.00
Sibling Discount: -\$10.00

DATE	TIME	PLACE
Saturday, Feb. 14	10am-1pm	Room C, MCC

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