



Stay Positive
And
Smile!

RAM NEWSLETTER

February 1, 2010

Events:

• **RAM Challenge**

Keep up the great work!
Ends on March 15th—are
you going to be the
WINNER??

• **WEAR RED DAY**

Sat. Feb. 6th

Wear your favorite red shirt,
shorts or pants to show your
support for cardiovascular
health. Check out one of
our cardio classes that day!

• **RAM Olympics**

Sat. Feb. 27th 9:00am

Categories will include:

Most Push Ups

Most Squats

Longest Wall Squat Hold

Longest Plank Hold

Sign up at the front desk if
you want to participate!

Women's Hearts

These are the Facts:

1. Cardiovascular disease kills more women over 25 than all cancers combined.
2. Young women who have heart attacks are twice as likely to die from them as men
3. You can protect yourself—and you should start right now.

5 Steps to a Healthy Heart

1. Eat plants & fish
2. Cut the fat
3. Know your risks
4. Move your feet
5. Don't smoke

Interval Train like an Olympian

Whether you are excited about watching the Olympics this February or not, there is one thing we have to agree on; Olympians are in excellent shape. Even though we may not be Olympians, we too can exercise like one. Many Olympians and other athletes workout by using interval training.

Interval training is alternating short, fast bursts of intensive exercise with slow, easy activity. For example; running fast for 1 minute and then walking for 1 minute or doing jumping jacks for 1 minute and marching in place for 30 seconds. Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and they allow you to increase your training intensity without overtraining or burn-out. In this way, adding intervals to your workout

routine is a good way to keep your workouts realistic, attainable and manageable (and not so boring).

According to the American College of Sports Medicine, more calories are burned in short, high intensity exercise. If you are counting calories burned, high intensity exercise such as intervals are better than long, slow endurance exercise, but you must be careful during the high-intensity portions as to not injure yourself. While doing interval workouts, simply pay attention to how you feel and set your intensity and duration accordingly.

Try one of these interval-type classes at RAM Fitness:

**RAM 60
RAM 40
Cardio Circuit
Spin**

Heart Healthy Smoothie

A healthy smoothie is a perfect light breakfast. It will keep your hunger under control and satisfy you until lunch. Toss in blueberries, which are loaded with antioxidants that protect the heart and blood vessels from the damage of daily wear and tear.

Recipe

- 1 cup Plain/Vanilla Yogurt
- 1 banana
- 3 Tbsp Wheat Germ
- 5 frozen strawberries
- 1/4 cup frozen blueberries
- 2 Tbsp Fat-Free Milk

CLIENT SPOTLIGHT

Sue Sorg

Each month RAM will honor one of our hard-working clients.

This month we are honoring Sue! This busy mom from Rochester, NY is an inspiration to all women around her. Sue grew up in an active family where she learned about nutrition and taking care of her body. Like many of us, she had a couple years of making not-so-good choices and now aims to get back into those pants sitting in the storage bin. Sue's goals include getting back to her "healthiest body" not her "skinniest body." She also would like to complete a triathlon by the end of 2011. Sue's healthy approach towards weight loss and her amazingly positive attitude truly make her a RAM woman!



Watch out for Sue in the RAM Challenge—she lost 6 pounds the first week!

Put all ingredients in blender and blend. Add a little vanilla extract for extra flavor if using plain yogurt.

Pour in a glass and enjoy!

REMEMBER:

Eating breakfast jump starts your metabolism for the day.