



Cardiovascular Health is the key to a healthy, active, motivated lifestyle.

As we exercise, every cell in our body perks up due to the increased oxygen supply that is carried by the blood. It is rejuvenating! Many times after vigorous exercise we find that we have renewed energy and tend to accomplish so much more throughout the day.

Heart disease is the #1 health concern in the United States. Every health professional stresses the importance of cardiovascular exercise, yet only about 40% of Americans get any exercise at all. The American Heart Association guidelines state that we should increase our heart rates for 30 minutes at least 3 times a week. It is important to realize that cardiovascular exercise forces blood to flow thru the arteries and veins, helping them to remain pliable, thereby reducing the risk of cholesterol build up and hardening of the arteries. Our blood carries all the nutrients, minerals and oxygen throughout our bodies and transfers them to the cells in the exchange of oxygen for carbon dioxide and nutrients for waste products. It is vital that our blood flow is smooth and uninterrupted.

Tri Fitness offers many options that offer variety, camaraderie and intensity levels. With 4 elliptical, 4 treadmills, 3 recumbent bikes, an upright bike, a Mountain Climber, Cardio Stretch, Air dynes and Stationary bikes, there is something for any fitness level or interest. Aside from the cardio equipment, there are also class options available. Try out a Step, Silver Sneakers, Yoga, Conditioning or Zumba class. The energy and enthusiasm of participants give drive to everyone involved in the class.

The main object is to get moving and start to feel your own energy levels soar! Have fun, invite friends to join you and you will be hooked! And remember the best exercise for you is **THE ONE YOU ENJOY DOING!**