

INNER STRENGTH

Fit Words for Everyday People

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April 2009
Volume 2, Issue 4


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If You Do One Thing This Month... Be Your Own Biggest Fan. Success in life (including your health and fitness goals) begins by believing in yourself and knowing that you can accomplish whatever goals you've set for yourself. Sadly, many people let others derail their fitness and health plans. Too many errands after work or too much work in general. Whatever your 'roadblock' is this month, realize that you will always be your biggest fan... find a way to put yourself first for a change. Your family, friends and health will thank you for it later in life! See you soon! Susan 

Hi 5 Fitness News: We're **FLYIN' HIGH AT HI 5!** Special kids cooking event is scheduled for May 9th. Click [here](#) to register online! There were balls, hula hoops, cones, parachutes, obstacle courses, & HOP balls everywhere in March at Hi 5! Did you hear the giggles & see the smiles of **over 50 children who have joined us at Hi 5?** We're hoping you'll stop by with your favorite child and visit us soon! Hi 5 was featured in the News and Observer last month. You can read all about our visit with Joe Miller from the N&O here: <http://www.newsobserver.com/105/story/1416625.html>. Visit our website at www.Hi5Fitness.com to learn how your child can join our fun & learn 'just 2b fit' too! 



The **Skinny** Of the Month

4 Simple Ways to Save Your Heart

New research reveals that with a few lifestyle tweaks you can slash your odds of becoming one of the 8 million women with cardiovascular disease.

1. **Know Your Numbers:** Hypertension forces your heart to work harder to pump blood through the body, which causes arteries to narrow and raise your risk of heart attack or stroke. Ask your dr. at your next visit for your exact numbers. If they're above 119/79, start making changes now to lower your numbers.
2. **Go Bananas:** Be sure to put a bunch of these potassium-rich fruits in your grocery cart. Researchers found that people who took in the lowest levels of potassium had a 35% greater risk of disk from cardiovascular disease than those who got the most potassium.
3. **Get 8 Hours of Shut Eye:** Harvard researchers revealed that people who slept 5 or fewer hours a night had a 39% greater risk of having heart disease than those who slept for at least 8 hours at night.
4. **Rethink Your Birth Control:** The same hormones that prevent pregnancy may also make your blood vessels less flexible, and over time, raise your blood pressure. Women who use the birth control patch, for example, have double the risk for blood clots as those who take oral contraceptives according to research in *Obstetrics & Gynecology*.



No More Excuses!

"I'm Too Heavy To Exercise"

Don't give up! Instead of starting with complicated moves, focus on simple exercises that use your own body weight for resistance. Two or three times a week, do 2 sets of 10 reps of chair squats for your lower body, wall pushups for your upper body, and knee raises for your core. After 6 to 8 weeks, try the squat without a chair, do pushups on a step bench, and move the knee raises to a stability ball. And of course, keep walking ... aim for 30 minutes on most days of the week but speed up or walk on an incline for a few minutes at a time to increase your calorie burn.

14 foods that burn more calories than they contain!

Oranges, Strawberries, Tangerines, Grapefruit, Carrots, Apricots, Lettuce, Tomatoes, Cucumbers, Watermelon, Cauliflower, Apples, Hot Chili Peppers, Zucchini



As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit www.SusanCaldwell.com for more information.