

NAMBOUR/COOROY NEWSLETTER

February 2019



No Exercising Is As Bad As Being Obese, Health-Wise!

Exercise is one of the most powerful things you can do to protect your heart, according to new research published in the *European Journal of Preventive Cardiology*.

Doctors have long known: that overweight and obesity are linked to a higher risk of heart problems. People who were heavier had the highest rates of heart disease during the study. But when they looked at overweight and obese people who also exercised regularly, they found that their heart disease rates were similar to those of normal weight people who also exercised.

Exercise, in other words, seemed to cancel out the negative effects of weight when it comes to heart disease. "We found that inactivity and being obese have the same risk or similar risk of developing heart disease

Overweight and obesity are still major risk factors for heart problems, but the results suggest that at least some of the harmful effects of excess weight can be offset by exercise.

It's never too late to benefit from exercise. "They should believe that by doing physical activity in older age, they can still benefit from decreasing their risk of heart disease!

Welcome to February!

February is going to be an amazing month, WHY because our first challenge of the year starts! I'm excited for this challenge as it gets us ready for a fit fabulous YEAR!

Our lives get busy each year and we become more stressed. Here are a few tips to help stop the stress and business!

1. Learn to say **NO** - take the time to think is it important.
2. Make a **To -Do List**- Important items first.
3. Don't forget **Self Care**- like exercise, facials and warm bath ECT.

These are just a few items that can keep you happy in 2019!

Customers of the Month for January!!!

Mary Bulloch

&

Dianne Bishop

**A Big Congratulations to these
Wonderful Achievers!!!**

Jazzercise Sunshine Coast Fitness

Leanne Paix 0409 629 911

P O Box 5100 SCMC Burnside QLD 4560 Email: gelmpaix1@bigpond.com

Web: www.jazzercise.com.au



New To Exercise!!

So it's been a while since you've done any exercise?

OK, maybe it was so long ago that the last time you worked up a sweat, canvas sandshoes were the active footwear of choice and mobile music players weren't even invented? The good news is, however long you've been inactive, and whatever your age or health status, some type of exercise will be possible.

"The body takes a solid six-to-eight weeks to get used to activity. It also takes six-to-eight weeks to form a habit. So those two things tie together quite nicely!

Getting Started: Aim for a pace where your breathing and heart rate are elevated but you can still talk in sentences. This is called moderate intensity. Your goal is to get to 150 to 300 minutes of moderate-intensity exercise each week. Include some higher-intensity exercise (where your heart and breathing rate mean you can speak only a few words at a time) this will bring extra health benefits once your body is fit and strong!

Customer Profile!

I would like to introduce the wonderful customer: Kathy James!

How long have you been Jazzin for? I have been Jazzin for 4 years.

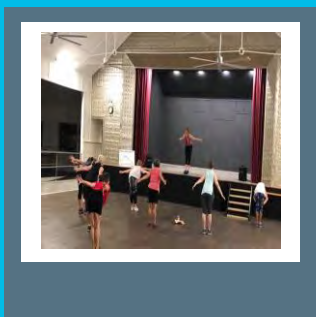
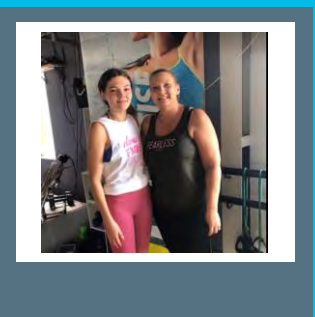
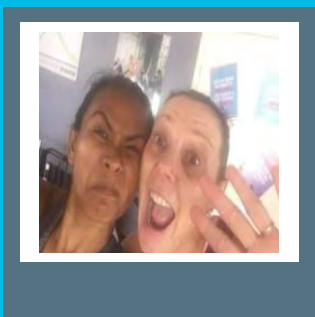
What have you achieved coming to Jazz?

Jazzercise has helped me become the fittest I have ever been. I have gained muscle, friends and confidence, and the only thing I have lost is weight.

What is the best thing about Jazzercise

Nambour? Without a doubt the best thing about Jazzercise Nambour is the people. The instructors who continually motivate, support friends who celebrate achievements with you. I also love that it is an all over workout that anyone can do!

OUR FAVOURITE SNAPS FROM LAST MONTH:



DON'T FORGET TO TAG US (@JAZZERCISENAMBOUR) IN YOUR JAZZY SELFIES-WE LOVE SEEING YOUR SMILES IN CLASS!

**"SORE TODAY,
STRONG TOMORROW!"**

