

## Fitting News

### Guest Article

#### Strawberry Avocado Relish



- 1 1/2 Cups sliced strawberries
- The juice of 2 limes
- 1 Medium avocado diced
- 1/4 Cup chopped red onion
- 1 tbsp of chopped cilantro
- 1 tsp of sugar or xylitol
- Salt and pepper to taste

This relish is delicious on chicken, fish or as a dip. It's very healthy too.

Strawberries have anti-inflammatory properties, the avocado is loaded with health monounsaturated fat and potassium making it heart healthy. The lime juice is high in Vitamin C and can support the respiratory system, while the cilantro is a power detoxifier. Red onions are high in chromium which can lower blood sugar and if you use Xylitol instead of sugar, it can benefit your teeth.

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### Here's to Your Heart!

The *heart toning* truth is that despite the proven toning power of exercise, less than 20% of us do it regularly. A recent study found that just one full-body workout a week *significantly cuts heart disease risk* by reducing, not only body fat and making you leaner, but also by reducing cholesterol, glucose and, triglyceride levels. "...Elevated levels of blood sugar and cholesterol INCREASE your risk of cardiovascular disease OVER TIME, and excess body fat produces inflammatory proteins that further increase your risk for heart



disease," says study author Clemens Drenowatz. (Source: *Journal of Science and Medicine in Sport*)

As with any information, which fitness professionals, doctors and other healthcare providers recommend, people will still do what they want. The changes in behavior only come if you want it badly enough. My experience and reasons for exercise are mine and mine alone. All I can say is that once you are injured (as I was recently) and know that exercise can help you get back on your feet, you will start moving and hopefully never stop!

Please be sure that whichever exercise-related choice you make, your program should be designed to maximize the benefits with the fewest risks of aggravating your heart health or physical condition. Consider contacting us, certified health and fitness professionals, at 818-620-1442 for an assessment. We can work with you and your health care provider to establish realistic goals and design a safe and effective program that addresses your specific needs.

### Exercise For Lower Body-Squats

Performing a proper squat is one of the best exercises you can do. We need mobility in our hips, legs, and upper back. Squats are a "functional" exercise that affects your ability to do anything from getting out of a chair to squatting down to pick something off the floor. Especially as we get older, proper squat technique is absolutely critical to maintain health and longevity.

To see a video demonstration and Lori's other videos, go to the [Lori Michiel Fitness website](http://LoriMichielFitness.com), on the "Blog" portion of the menu, click on [Exercise Snack Videos](#). Videos can also be found at [Lori's YouTube Channel: LoriMichielFitness](#).



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*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*