

## Fitting News

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### Your Body and Olive Oil



This liquid gold is forever linked with new head-to-toe benefits. Here is a small sampling.

#### It Helps the Heart-

One trial found people who consumed approximately five tablespoons a day cut their risk of cardiovascular related death by almost 50%. Other studies show a diet rich in olive oil can reduce the reliance on blood pressure meds.

#### It Fights Wrinkles-

People who consumed more than two teaspoons daily had significantly fewer signs of skin aging than those who ate less olive oil.

Go shopping tomorrow!

*Sources: American Journal of Clinical Nutrition;  
BMC Medicine; JAMA Internal Medicine*

### Heart Health...What Else Matters?

It's National Heart Month. How can you be educated about the benefits of heart health and preventative care?

Do you worry about your heart health? Do you exercise because people like me say it is important? What other potential interventions are there for you to encourage your heart health and sense of well-being?

I am not having heart trouble yet, but my family tree is littered with it. My father had high blood pressure that may have led to a stroke; my grandmother died of complications from high blood pressure and a stroke—need I say more? The research is out...which shows women like me can underestimate their risk of heart attack and are more likely to die than young men.

Lifestyle and dietary changes are no doubt challenging; taking them on at the same time is even more difficult unless you're exceptionally motivated.

STUDY: Pat Ryan with the International Council on Active Aging reported on a meta-analysis of 10 studies that included more than 136,000 participants, with an average age of 67 years who lived primarily in Japan or the United States. The U.S. studies evaluated a sense of purpose or meaning in life, or "usefulness to others." In Japan, this study assessed the concept of ikigai, translated as "a life worth living". Participants were followed up for an average of seven years. During this time, more than 14,500 participants died from various causes while more than 4,000 suffered a heart attack or stroke.

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



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