

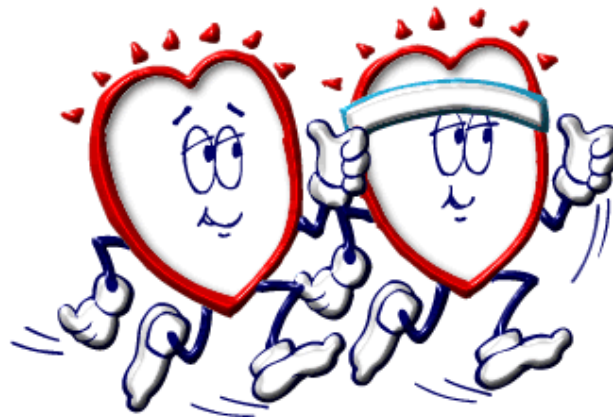
Happy Monday!

Did you know that someone is more likely to stick to an exercise regimen if they have someone to hold them accountable? What better way to stay active and spend time with a friend or family member than by exercising with them! That's what I like about the Step by Step Walking Club. If you are active with a friend or family member, you are more likely to stick with it. Do you have a great story about you and a friend holding each other accountable? Share it with me and I will post it in May's newsletter!

Did you know???

Dancing can be a most enjoyable form of exercise. Dancing is a great full out mind and body workout. It can make your body and soul feel good in a way that no other exercise can. The benefits of dancing are like no other. It can help you lose weight, strengthen and tone your body, increase stamina and flexibility, improve balance and posture, and produce confidence among other things.

http://youtu.be/PP9b_91PHi8



TIME TO LAUGH – remember laughing is good for the heart!

This little girl is adamant about drinking out of the water fountain! So cute!

<http://youtu.be/1HN8t9SyIW8>

FUN HEART FACT

Your heart is made up almost entirely of muscle. It is strong enough to lift approximately 3,000 pounds – roughly the weight of a compact car.

HEALTH CARE TIP OF THE MONTH

For heart health, a brisk walk is a good as a run
Distance travelled is more important than time exercising

Brisk walking may be just as effective as running at reducing the risk of blood pressure, cholesterol, and diabetes, according to a [study](#) in *Arteriosclerosis, Thrombosis and Vascular Biology*.

For the study, Paul Williams of the Lawrence Berkeley National Laboratory and Hartford Hospital cardiologist Paul Thompson examined data on more than 33,000 runners from the National Runners' Health Study and almost 16,000 walkers from the National Walkers' Health Study. The individuals ranged from ages 18 to 80, with most being in their 40s or 50s.

The study found that, compared to individuals who did not run or walk for exercise:

- Hypertension risk fell by 4.2% in runners and 7.2% in walkers;
- High cholesterol risk fell by 4.3% for runners and 7% for walkers;
- Diabetes risk fell by 12.1% for runners and 12.3% for walkers; and
- Heart disease risk fell by 4.5% in runners and 9.3% in walkers.

Overall, the distance traveled matter more than the time spent walking or running when it came to heart health.

Gregg Fonarow, a spokesperson for the American Heart Association and professor at the University of California-Los Angeles, said the findings "suggest similar benefit for similar energy expenditures with exercise regardless of intensity" (Reinberg, *HealthDay*, 4/4).

HEART HEALTHY RECIPE – Creamy Mashed Cauliflower



Have you ever tried using Greek yogurt as a healthy substitute? Check out this yummy recipe for mashed cauliflower!

Creamy Mashed Cauliflower

<http://www.sproutandpea.com/2010/12/creamy-mashed-cauliflower/>

There are some other great recipe ideas using Greek yogurt found [here!](#)

APP OF THE MONTH –Smart Pedometer! (FREE)



Smart Pedometer turns your phone into a complete pedometer that is very easy to use with a great variety of functions:

- New steps detection algorithm with improved accuracy!
- BMI (Body mass index) calculator!
- Measurement of time, distance, speed and calories.
- Define your own goals to achieve.
- Compare calories you burned with their equivalent in foodstuff (fruits, vegetables, fast food, drinks and so on).
- Two lock modes to save power during your workout.
- Two unlock modes with improved security.
- You can compare your workout scores with previous ones and observe your progress.
- You can share your progress on Facebook and Twitter.
- You can schedule workouts, and it will be in sync with android calendars to show workouts notifications.
- No GPS needed.
- Many more features to come.



The image displays three screenshots of the Smart Pedometer app. The first screenshot shows the 'Pedometer' screen with a large '650 Steps' counter, a 'Pause' button, and a progress bar. Below this is a 'Current status' section with a table of metrics:

Metric	Value
Time	00:07:05
Calories	35.8 cal
Distance	0.49 Km
Speed	5.76 Km/h

The second screenshot shows the main menu with icons for 'Pedometer', 'My evolution', 'Smart Trainer', 'Calendar', 'BMI Calculator', and 'Settings'. A notification at the bottom states: 'You don't have any workout scheduled in your calendar'. The third screenshot shows the 'Result' screen with a 'Scores history' bar chart and a list of achievements:

- 60 points more than the last time
- 2/2 goals achieved
- 440.5 calories burned (That is the same as...)
- Share my result

An 'Accept' button is visible at the bottom of the results screen.

WAYS TO LEARN ABOUT YOUR RISK FOR HEART DISEASE AND HEART ATTACK

We offer a number of heart screenings throughout the year. This low-cost screening measures your total cholesterol, HDL “good” cholesterol, LDL "bad" cholesterol, triglycerides, glucose, blood pressure and body fat — all for just \$20. For more information on upcoming dates, visit our website <http://www.ssmhealth.com/heart/healthyheartscreeningsfromssmheartinstitute/> or call 1-866-SSM-DOCS (1-866-776-3627).

Learn your risk for heart disease and heart attack by taking a quick heart risk assessment.
<http://www.ssmhealth.com/heart/heartriskassessment/>

I hope you were able to enjoy the beautiful weekend before the rain came this morning!