



MWR SPORTS AND FITNESS NEWSLETTER

Feb 2012

Mission Statement:

Deliver innovative, demand-driven programs and services that support the quality of life and readiness of the entire Redstone Arsenal Family.

Vision Statement:

To be your first choice.

Here's To A Healthy Heart!

February is American Heart Month. It is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives. Heart disease kills approximately 630,000 Americans each year. It is the leading cause of death for both men and women. The most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication. It is also important for people who already have heart disease to control risk factors.

You are at a higher risk of heart disease if you are:

- *a woman age 55 or older
- *a man age 45 or older
- *a person with a family history of early heart disease

Heart disease can be prevented. To keep your heart healthy:

- *watch your weight
- *quit smoking and stay away from secondhand smoke
- *control your cholesterol
- *control your blood pressure
- *drink only in moderation
- *get active
- *eat healthy
- *talk to your doctor about taking aspirin every day if you are a man over 45 or a woman over 55
- *manage stress

Use this month to educate yourself on heart disease. Make lifestyle changes that you can live with for the rest of the year and the rest of your life. Your heart and your family will thank you for it.

We're on the Web!

WWW.REDSTONEMWR.COM

Do you have a question that you would like to see covered in the next newsletter? Please e-mail Phylissa Shannon at Phylissa.shannon@us.army.mil



Sparkman Fitness Center
313-6091 / 6096
Redstone Fitness Center
313-1201 / 1202
Scott Fitness Center
955-6844 / 7508
Pagano Gym
876-6701/2943

Sports and Fitness Director--
Gaylene Wilson
842-2574

MWR...For all of your life

February Events

Heart disease kills more women than all cancers combined. February 3, 2012 is National Wear Red Day. Please wear this beautiful color to show support, bring awareness, and honor women who have been affected by heart disease.

Join Family & MWR Sports & Fitness for an aero-bi-thon on Saturday, February 11. The fun will happen at Pagano Gym, building 3474, from 8:30-12:00. All fitness levels are welcome. Stay for a little while or the whole time! We will offer Zumba, bootcamp, toning, yoga, and more. This is sure to be a great workout and a good time, so come see us!

Fitness Quote

Exercise should be regarded as tribute to the heart. ~Gene Tunney

Chili (Courtesy of The Mayo Clinic Staff)

Ingredients

1 pound extra-lean ground beef	1 teaspoon sugar
1/2 cup chopped onion	1 1/2 tbsp chili powder or to taste
2 large tomatoes (or 2 cups canned, unsalted tomatoes)	Water, as desired
4 cups canned kidney beans, rinsed and drained	2 tbsp cornmeal
1 cup chopped celery	Jalapeno peppers, optional

Directions

In a soup pot, add the ground beef and onion. Over medium heat saute until the meat is browned and the onion is translucent. Drain well.

Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend.

Ladle into warmed bowls and garnish with jalapeno peppers, if desired. Serve immediately.

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