

HEALTHY HEARTS

Pamper Your Heart in 2011

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Love is in the air this month, and in the spirit of Valentine's Day we want to encourage you to show your heart a little love! It's our annual Heart Health issue, where we give you all kinds of tips on how to keep your heart happy and ticking away. Use LifeBalance to find activities that will keep your heart pumping strong and to create moments that will make it sing.

HEARTFELT SAVINGS

Use LifeBalance to Nurture Your Ticker



Here are a number of ways to help you be more heart-healthy and wise.

- Give your heart the proper fuel! Save on [Nutrition / Supplements](#) and [Cooking](#).
- Be light-hearted and have some fun! Save on fun activities like [Bowling / Mini Golf](#), [Family Attractions / Amusements](#) or [Paintball / Laser Tag](#).
- Get your heart rate up! Try [Cycling](#), [Running / Jogging / Walking](#) or join a [Fitness / Health Club](#).
- Don't let stress take a toll on your heart! Slip into bliss with savings on [Massage / Spa / Relaxation](#) or slip away with savings on [Travel / Tours](#).

FEEL THE BEAT

What's Your Target Heart Rate?



Your heart rate is an important measure of your health. Find out your target rate with the [Target Heart Rate Calculator](#) in the Wellness Window.

DID YOU KNOW?

Interesting Facts and Figures
[close]

Yoga reduces stress, lowers blood pressure, keeps off weight and improves cardiovascular health, all of which lead to reducing your risk of heart disease. Save on [Yoga / Pilates](#) classes this month to keep

LIFEBALANCE EACTION

February 2011

Welcome to this month's edition of **LifeBalance eAction**. You are a member of the LifeBalance Program. Each month, LifeBalance eAction! is delivered to provide program updates, encourage members to make active lifestyle choices and to offer members savings with the top recreational, cultural and wellness businesses.

SAVINGS ALERTS

Save up to \$27 on lift tickets at [Mammoth Mountain](#)

Up to 20% Savings on standard rates at [Red Lion Hotels](#)

Save 15% on most online purchases at [The Walking Company](#)

10% Savings on online reservations through [BedandBreakfast.com](#)

Save \$99 on wellness programs from [Healthy Choices](#)

HOTLIST

Alaska

[Anchorage Sheraton Hotel & Spa](#)

Anchorage

[Flyfishing Kodiak](#)

Kodiak

[Alaska Sealife Center](#)

Seward

[A Happy Dog Day Camp](#)

Anchorage

California

[The Way of the Shadow](#)

Torrance

[YAS Fitness Centers](#)

Various Locations

[Pantages Theatre](#)

Los Angeles

[LA Kings](#)

Southern California - Los Angeles

[Bar Method Burbank](#)

Burbank

Oregon

FITNESS FACTS

Cardio 101 [close]

Your cardio respiratory system is made up of your cardiovascular system and your respiratory system. Together they provide the body with oxygen and nutrients and remove unwanted waste products. Both systems are needed for aerobic activity...

Cardiovascular activities are continuous rhythmic movements that assist in burning high amounts of calories and increase the strength of the heart and lungs. If you do nothing else, a regular cardio workout will do wonders for your overall health. Regular cardiovascular exercise has been shown to greatly reduce the risk of heart disease and a slew of other illnesses.

Remember, no matter what your fitness goals, your exercise plan should include both cardiovascular and strength-training workouts.

Basic Guidelines for Cardiovascular Exercise

- **Type:** To qualify as cardiovascular exercise, an activity should be continuous and rhythmic and should use large muscle groups.
- **Frequency:** 3 to 5 times per week.
- **Duration:** 20 to 60 minutes per workout.
- **Intensity:** For low to moderate intensity, exercise at 60 percent to 75 percent of your predicted [maximum target heart rate](#). For high-intensity, go up to 80 percent to 90 percent.

If you're just starting out and can't do 20 minutes, work toward this goal gradually. If you ever experience chest pain, dizziness or light-headedness while exercising, stop immediately. If you are unsure whether certain cardio exercises are appropriate for you, consult your physician.

Heart Rate Monitoring and RPE

The best way to keep track of the health of your heart while working out is to monitor your heart rate. How do you accomplish this? You can monitor your heart rate while exercising by either taking a pulse count or wearing a heart rate monitor.

Knowing your heart rate will help you determine progress, intensity and how your body is responding to particular exercises.

Perceived exertion, which is how hard you believe you are working your body, may seem a subjective way to measure the intensity of your physical activity. However, studies show that the rate of perceived exertion (RPE) can provide a close approximation of your actual heart rate during exercise.

While some people use an RPE scale that ranges from 1 to 10, it is the scale ranging from 6 to 20 (see below) that can correlate roughly with heart rate. By multiplying your RPE by 10, you may approximate your heart rate. For example, an estimated RPE of 13

your heart healthy.

Most Americans do not get enough Omega 3 fatty acids, and the lack of Omega 3s is a main contributor to heart disease. Learn more about how to eat to protect your heart by visiting a participating LifeBalance [Nutrition / Supplements](#) vendor!

According to a national study, American's top date activities (aside from going out to eat) include going to the movies, attending a concert or watching a sporting event. Check out the LifeBalance [Ticket Window](#) for savings on these and other great date activities!

A study done at a Baltimore Hospital showed that heart patients derived the same relaxing benefits from listening to 30 minutes of classical music as they did from taking 10 mg of the anti-anxiety medication Valium. Pamper your heart with savings on [Music](#).

FOOD FACTS

Fruits and Vegetables Give Hope for Healthier Hearts [close]

The daily consumption of vegetables and fruit, when combined with a diet consisting of whole grain products, fish, beans and small amounts of alcohol can more than halve the risk of developing cardiovascular disease. Researchers at Karolinska Institute have analyzed the eating habits of 25,000 Swedish women and found two specific dietary patterns that correlate significantly with a healthy heart...

It is hardly the first time that a link has been studied between diet and the risk of cardiac arrest, for instance. What is new about this particular piece of research is that the scientists have unreservedly mapped out the women's dietary habits instead of deciding in advance the kind of food they wanted to examine. Doing this, the researchers were able to identify two specific dietary patterns that were clearly linked to a reduced risk of cardiovascular disease.

The first was characterized by a high consumption of vegetables and fruit, and the second by the

[Oregon Symphony](#)

Portland

[RMA Martial Arts & Fitness](#)

Eugene

[YMCA - Ashland](#)

Ashland

[Pureheart Yoga](#)

Portland

[Platinum Sports & Fitness](#)

Willamette Valley - Keizer

Washington

[Ace of Clubs](#)

Walla Walla

[Spokane Yoga Shala](#)

Spokane

[WORLD Martial Arts](#)

Olympia


[Medical Massage, Inc.](#)


Centralia

[Whatcom Symphony Orchestra](#)

Bellingham

MEMBER EXTRAS

 LifeBalance on [Twitter](#).

 LifeBalance on [Facebook](#).

Read **eAction!**, the monthly email newsletter of the LifeBalance Program. [Current Edition](#) | [eAction! Archives](#).

Plan and track your activities and food intake, customize this site and more with [MyLifeBalance](#).

would correlate with an approximate rate of 130.

Rate of Perceived Exertion Scale

- 6-7 = extremely light
- 9-10 = very light
- 11-12 = fairly light
- 13-14 = somewhat hard
- 15-16 = hard
- 17-18 = very hard
- 19-20 = extremely hard

Important caveat: Your heart rate can vary considerably from the RPE-based estimate, depending on your fitness level, age and other variables including medication and caffeine intake.

Make it Fun

Ultimately, the best cardio routine is whichever one you enjoy most and look forward to undertaking. All effective cardio exercises will increase your heart rate, which helps your body burn more calories while strengthening your cardiovascular system. Try out new and different cardio activities such as:

- Tae Kwon Do
- Kickboxing
- Skiing
- Dance Classes
- Zumba
- Spin
- Step Aerobics

Your only hard part is picking the ones you enjoy most. Just keep going - your heart will thank you for it!

(Brought to you by [Bally Total Fitness](#))

Get your heart pumping by browsing LifeBalance [Fitness / Health Clubs](#) category.

To plan and keep track of your goals and fitness progress, visit the **LifeBalance Activity Planner, Tracker & Journal** available free through your [MyLifeBalance](#) account.

QUOTE OF THE MONTH

"Hear your heart. Heart your health." - Faith Seehill.

TRIVIA CONTEST

Win Gift Certificates [close]

The randomly drawn correct answer to this trivia question wins a gift certificate from one of our LifeBalance vendors...

[Last month's trivia question](#), which asked members to identify a photograph of a popular ski area was correctly answered by Candi Lindenburger. The correct answer was [Summit at Snoqualmie](#).

This month's question is as follows: Name two of the

moderate consumption of alcohol. Ideal portions are four servings of vegetables, two pieces of fruit and no more than half a glass of wine per day.

Another important factor is the regular consumption of whole grain products, fish and beans. Almost one third of the women in the study showed this healthier eating behavior, which in turn gave a 57 per cent lower risk of myocardial infarction than a diet low in these foodstuffs.

Using this dietary behavior as a basis, the researchers added other health factors, such as a healthy body weight, abstinence from smoking and regular exercise (for example, a daily walk or bike ride of at least 40 minutes and at least one hour of more intense training a week). All these conditions were met by only one in twenty women, who had a full 92% lower risk of suffering a heart attack than the women who smoked, were overweight, ate unhealthy food and were physically inactive.

If all women in the study lived like the healthy group, 75 per cent of heart attacks would be prevented.

(Brought to you by [Gold's Gym - Spokane](#))

To monitor your caloric intake and to stay on track, visit the LifeBalance Food Tracker & Journal available free for you and your family through your [MyLifeBalance](#) account.

RECIPE OF THE MONTH

Honey Mustard Basil Salmon

[close]

Enjoy this delicious, heart-healthy recipe...

Ingredients

- 4 salmon steaks
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp honey dijon mustard
- 2 garlic cloves, minced
- 1/4 cup chopped fresh basil
- Salt and freshly ground pepper, to taste

Preparation

sustainable features at Sleeping Lady mountain resort. The winner receives one night's accommodations for two and complimentary breakfast at the lovely Sleeping Lady Mountain Resort.

To answer this month's trivia question, simply fill in the form below.

Your Name:

Email Address:

Daytime Phone:

Answer:

The correct answer to this month's question will be revealed in the next edition of eAction!

In a small bowl, mix together olive oil, lemon juice, mustard and garlic. Stir in basil. Season with salt and pepper to taste.

Place salmon steaks in shallow baking dish and spread mixture over steaks, then marinate refrigerated for 1 hour. Bake at 375°F for 12 minutes or until salmon just flakes when pressed with a fork.

(Brought to you by Spud.com)

To monitor your caloric intake and to stay on track, visit the LifeBalance Food Tracker & Journal available free for you and your family through your MyLifeBalance account.

WEBSITE FEATURES

About the LifeBalance Website [close]

For a complete overview of the LifeBalance Program website, visit the [About LifeBalance](#) section of the site.

For more information on how to access program benefits, visit the [LifeBalance Proof of Membership / Frequently Asked Questions](#) page.

Find exclusive LifeBalance savings at thousands of recreational, cultural & wellness related businesses throughout Alaska, California, Idaho, Montana, Nevada, Oregon, Utah and Washington. The **LifeBalance Program Vendor Network** gives members the opportunity to quickly search for specific recreational, cultural and wellness vendors by geographic region and category, or by business name, through the LifeBalance [Search for Savings](#).

You can use our secure server to make payments online for many **LifeBalance Member Events and Tickets**. LifeBalance offers members thousands of special events at reduced rates with the top vendors, instructors, and venues. LifeBalance also has your ticket to the arts, including theater, dance, musical performances, sporting events, ski resorts, museums and more. Visit the LifeBalance [Events Calendar](#) and the LifeBalance [Ticket Window](#) for a complete listing and select the listing that interests you and then complete your registration.

The LifeBalance [Wellness Window](#) offers members **food and fitness tips, wellness calculators**, information about community events and more. [MyLifeBalance](#) is the component of the LifeBalance Program that includes **personalized wellness tools**, customized content and more.

You can also easily print the **LifeBalance Program materials and this newsletter** by visiting the [Printable Materials](#) section of the site.

MEMBER FEEDBACK

The LifeBalance Program always welcomes your feedback! **Complete the LifeBalance Survey** and let us know about new recreational, cultural and wellness businesses that you would like to see added to our existing network of benefit vendors, new member events,

suggestions for the LifeBalance website or even suggestions for this online newsletter. If you would like to speak to a member of the LifeBalance Member Service Team, please call **503.234.1375** or **888.754.5433**.

The LifeBalance Program
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