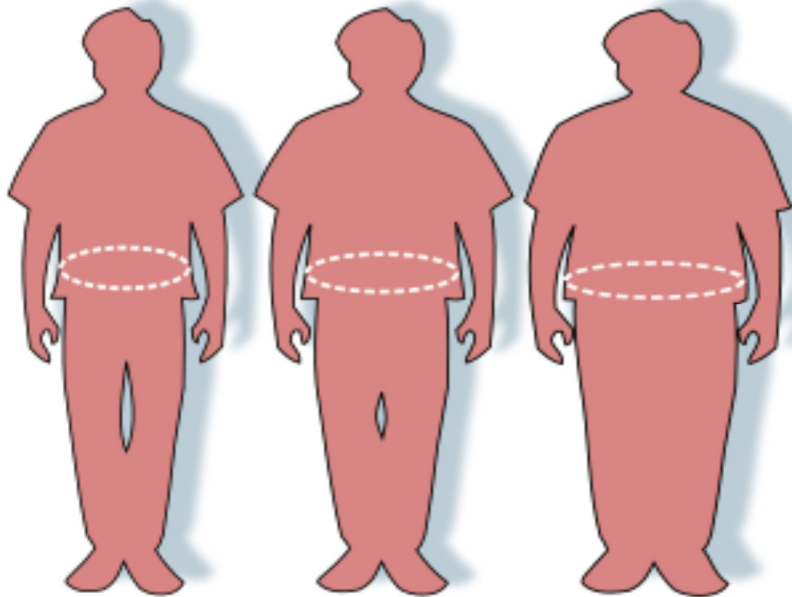


The Beat Goes On

Lose excess body fat!



To put it simply... excess body weight requires all of the body to work harder in order to maintain its existence. The heart has to work harder to pump blood to a larger surface area. This is an excess of surface area the heart was not designed for, but it does its best to adapt. Arteries constrict to create more pressure to push blood (life giving oxygen) to feed the entire body. This is why weight matters when talking about the health of your heart!

Tips For Losing Excess Body Fat

1. Shoot for small incremental goals. Even just 5% weight loss can be enough to significantly lower blood pressure.
2. Use a hunger scale. This is a great way to stay mindful about your eating. Are you eating because of emotion (bored, mad, sad, celebrating), or are you eating because you are actually hungry?
3. Eat as clean as you can. Try to eat and cook with whole real food. Avoid processed and packaged foods.

THE HUNGER SCALE

