

## Get moving? Where do I start?

### It's Easy

- Walking is the simplest way to start and continue a fitness journey.
- Walking costs nothing to get started.
- Walking has the lowest dropout rate of any type of exercise.
- Walking is easy and safe.

### It Works

- Studies show that for every hour of walking, life expectancy may increase by two hours.
- Walking for as few as 30 minutes a day provides heart health benefits.
- Walking is the single most effective form of exercise to achieve heart health.

### It Pays

- Physically active people save \$500 a year in healthcare costs.
- Employers can save \$16 for every \$1 they spend on health and wellness.
- Fitness programs have reduced employer healthcare costs by 20 - 55%.
- Reducing just one health risk in the workplace increases productivity by 9%.
- Reducing one health risk decreases absenteeism by 2%.

## FITNESS DONE RIGHT

### Clinic Updates and News:

- Welcome to our staff, Erin Henry – Weekends
- Welcome Emiley Adriaens – Nights
- Personal Trainer Erin Kerns is now available for training sessions.



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“You live longer once you realize that any time spent being unhappy is wasted.” - Ruth E. Renkl

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## American Heart Association Fitness Guidelines

Something is always better than nothing, but to get the most heart healthy benefit from exercise aim for:

- 150 Minutes of moderate exercise weekly  
Or
- 75 minutes of vigorous exercise weekly  
Or
- 75 minutes of a combination of moderate and vigorous exercise weekly

Physical activity is anything that makes you move your body and burn calories, such as climbing stairs or playing sports.

Aerobic exercises benefit your heart, such as walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

## Green beans with Red pepper and Garlic

Serves 6

### Ingredients

- 1 pound green beans, stems trimmed
- 2 teaspoons olive oil
- 1 red bell pepper (capsicum), seeded and julienne
- 1/2 teaspoon chili paste or red pepper flakes
- 1 clove garlic, finely chopped
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### Directions

Cut the beans into 2-inch pieces. Bring a large saucepan 3/4 full of water to a boil. Add the beans and cook until they turn bright green and are tender-crisp, 1 to 3 minutes. Drain the beans, then plunge them into a bowl of ice water to stop the cooking. Drain again and set aside.

In a large frying pan, heat the olive oil over medium heat. Add the bell pepper and toss and stir for about 1 minute. Add the beans and saute for 1 minute longer. Add the chili paste and garlic and stir for 1 minute. The beans will be tender and bright green. Drizzle with the sesame oil and season with the salt and pepper. Serve immediately.