



"No Sweat" Fitness Exercise Essentials



"No Sweat" Fitness Newsletter

July 2010

Count yourself lucky



What's in a number? Plenty. Here's a list of numbers that might inspire, depress, or even save your life...

35 inches around your waist (or above) is a danger sign for heart disease.

18% of the world's greenhouse gases are generated by livestock. (In comparison, trains, planes, and cars make up 13%.)

2,400 Americans die of Cardiovascular Disease & Stroke each day.

9% (or less) is the maximum amount of abdominal fat you can have and still see your ab.s.

146 calories are burned playing golf for 30 minutes.

150 is the maximum for your triglycerides.

90% is the water content in a cantaloupe.

In This Issue

[Count yourself lucky](#)

[Save summer in your freezer](#)

Summer brings a bounty of fruits & vegetables and *Eating Well* magazine has a great guide for prepping, freezing, storing, and reheating produce. Follow this link and in mere minutes you will save both money and good flavors:

[How to freeze 16 fruits & vegetables](#)

25to 28.9 Body Mass Index (ratio of weight to height) makes you 60% more likely to die prematurely than a woman of normal weight.

120/80(or less)is optimal for blood pressure.

46%of U.S. women (45-57 yrs. old) reported using prayer for health reasons.

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