

It has been great to hear so many success stories and get feedback on your stumbling blocks with the program. Keep your questions coming as our goal is to help you realize your goals.

The American Heart Association came out with new guidelines for the prevention of cardiovascular disease in women. Go to <http://www.newsroom.heart.org/index.php?s=43&item=1239> to download the complete report to help you prevent heart disease.

This week we add in rice; however, your nutrition strategy is to venture out and try a new whole grain that will help to further support your health. There are 15 whole grains and we eat primarily only 4 – corn, wheat, rice and oats. Review the nutrition strategy information and try one of the whole grains listed. My favorites are wild rice, quinoa and barley. Register at katc.com to have recipes sent to you or go to www.allrecipes.com or www.wholegrainscouncil.com for more whole grain recipes. The American Heart Association has a wonderful web site with good heart healthy recipes as well – www.deliciousdecisions.org. I recommend adding this web site to your favorites.

This week your training plan will consist of extended cardio workouts; all cardio segments will now be 40 minutes. I also recommend that you try a different form of cardio. If you are walking on a treadmill either try using a recumbent bike or bump up the incline on your treadmill. View your training strategy for more details.

Remember to go to www.katc.com to subscribe to receive weekly recipes and words of encouragement from Dawn. Also get your blood work and blood pressure checked if you have not done so already. If you have subscribed to receive weekly recipes and have not received anything, subscribe again to ensure we have the correct information.

In Health,

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