



Healthtrax
FIT FAMILIES FOR LIFE

Stay connected to Healthtrax at home, at work or on the road.
Visit our [Member Website](#) for class schedules, member services, upcoming events and special announcements.

February is American Heart Month

Heart disease is the leading cause of death for both men and women. The good news is you can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Get active and eat healthy

Working out regularly at Healthtrax is such a great way to get and stay healthier, so keep it up! Talk to a fitness staff member for ways to make your exercise routine even more effective at building your heart health.

To mark American Heart Month, we are offering a **FREE body composition analysis on the InBody570**.^{*} Just make an appointment with a personal trainer to get started.

To learn more about heart health, please visit the [American Heart Association](#).

^{}Redeem by February 28. Must be current member, age 16 or older. Appointment required. No walk-ins.*

Invite Friends & Win!

EXPAND OUR FITNESS COMMUNITY & BE ENTERED TO WIN!

Refer a friend who joins by March 22nd and be entered to win a \$500 Southwest Gift Card!

See Center staff for details and Guest Passes or get them at www.healthtrax.com/healthtraxrewards



Potassium for Healthy Blood Pressure

Studies show that eating enough potassium may be as important for healthy blood pressure as avoiding too much sodium. To help prevent high blood pressure, follow a healthy eating plan that includes plenty of foods rich in potassium and low in sodium. If you eat a lot of high-sodium foods (such as processed foods) or add salt at the table, consider reducing your intake.

Potassium-rich foods include many fruits and vegetables, such as potatoes, bananas, cantaloupe and cooked dark green vegetables, such as spinach.

Source: American Heart Association

Renovation Update

We are proud to give our members brand new flooring in the fitness area! We are very thankful to our members for your patience while the work was being completed. We hope that you are as excited about it as we are!

Additional upgrades are on the way, including new Cycling bikes and a renovated men's steam room. Also, watch for a new class schedule and new kidZONE classes.

Safety & Health Notes

Safety

We always encourage our members to be safe while using the Center, always follow posted guidelines and report to a staff member of any unsafe conditions. Please contact our Safety Director, [Norman Freniere](#), with your questions and concerns.

Health

Our goal is to help keep our members and their kids healthy, so please refrain from bringing sick children to the kidZONE. To protect the staff and other children, any child that shows sign of illness will not be allowed into the kidZONE.



Sign Up For **SWIM LESSONS**
AT HEALTHTRAX
ALL LEVELS & ALL AGES

TAUGHT BY



SESSIONS FILL FAST

ASK FRONT DESK STAFF FOR REGISTRATION INFORMATION

Registration opens February 2 for our learn-to-swim classes.

Contact [WaterWonders Swim School](#) for details and to register.

New Group Fitness Schedule

Check the [online schedule](#) to view changes to the schedule.

- **Zumba** with Kelly is back on Tuesdays @ 4:15 p.m.
- **R30** is "pulling in" on Wednesdays at 4:15 p.m.
- **Group Power** has moved to Thursdays at 4:15 p.m.
- **Blast** into the weekend with Raven on Thursdays at 6:30 p.m.

Kids Fitness Classes

Kids going stir crazy from too much indoor living? Bring the kiddos to the Center to burn off that extra energy!

- **Kids Zumba** on Fridays at 5:30 p.m. with Miss Kelly
- **Ultimate Recess** on Wednesdays at 5:30 p.m.

How Are We Doing?

We value your comments, suggestions and compliments. Your feedback helps us keep our promise of service excellence. Please [click here](#) to let us know how we are doing.

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Healthtrax Fitness & Wellness at the **Mercy Wellness Center**

45 Crane Avenue, East Longmeadow | 413-525-3931 | [healthtrax.com](#)