



**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.*



Please VOTE online for Healthtrax as **Best Fitness Center** in the 2018 [Best of Hartford Reader's Poll](#).

Go to the **Health, Wellness & Beauty** category and cast your VOTE for Healthtrax under **Fitness Center or Gym** as well as **Place to Work Out** on or before **February 25**.

One ballot per person; you must place 10 different votes for ballot to be counted.

## 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

**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!

**SOUTHWEST** southwestgiftcard®

- FIRST PLACE \$500 Southwest Gift card
- SECOND PLACE \$200 Southwest Gift card
- THIRD PLACE \$100 Southwest Gift card

See Center staff for details and Guest Passes or get them at [www.healthtrax.com/healthtraxrewards](http://www.healthtrax.com/healthtraxrewards)

## 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.

Like us on **Facebook** 

Follow us on **twitter**

FOLLOW US ON **Pinterest**

## Healthtrax Fitness & Wellness

3 Weymouth Road, Enfield | 860-745-2408 | [healthtrax.com](http://healthtrax.com)