



## FEBRUARY 2012 NEWSLETTER

### New Yoga Class: No Experience Necessary!

A new tradition has formed in the Movement Studio sparked by the popular Holiday Yoga class held in December. ..FULL MOON YOGA. The class will be held monthly around the time of the full moon. It is a gentle restorative practice with poses that are designed to relax, open, and add length to your body. Anyone who can get down on the mat can participate!

Next class: Wed., Feb. 8<sup>th</sup>, 6-7:30pm.

Instructor: Kathleen Sheets, RYT

Cost: \$15

Class limited to 8 participants. Sign up w/Pam!

### New Drivers

Corey Simans and Jackie's daughter, Jesika, each passed their road tests and are now official drivers. Congratulations and be safe!

### Maintain Campaign

Congratulations to all of you who maintained your weight over the holidays! We had many winners this year and several people who actually dropped a few pounds! This is no easy task with all the temptations of high calorie eating and drinking that seems to go on forever at that time of year. Hopefully those of you who were close have lost the extra weight by now. Nice work everyone! It's so much easier to maintain than it is to lose!

### Get Your Omega 3's!

During this month of Valentine's and hearts, we want to take a moment and talk about the heart-healthy fats called omega-3 fatty acids. These are the "good" fats, the kind that are essential for human health. Because our bodies can't make them, we must get them from food. Omega-3 fatty acids can be found in fish such as salmon, tuna, and halibut, sea vegetables such as kelp and kombu, and nut oils such as walnut

and flax. Also known as polyunsaturated fatty acids, omega-3 fatty acids, specifically DHA and EPA, play a crucial role in brain function as well as normal growth and development. They have become popular for their effect on reducing risk of heart disease. The American Heart Association recommends eating fish at least two times per week. In several studies just 1 g of omega-3 fatty acids/day reduced fasting triglycerides significantly by 21.2% over 16 weeks. A 50% reduction in risk of primary cardiac arrest is associated with consumption of as little as 5.5 g fish oils/week. Am J Clin Nutri 2000; 71:232-7. Clinical pearl from Dr. Meg: "These fats are critical for the health of so many of our body systems that I recommend EVERYONE take a quality fish oil supplement daily. I suggest Metagenics. It does not contain fillers and does not leave a fishy after taste!"

Heart Healthy Products: Sale 25% Off

EPA/DHA caps 120's Lemon (\$30.75)	\$23.06
EPA/DHA 720 caps 60's (\$23.75)	\$17.81
EPA/DHA 720 caps 120's (\$41.95)	\$31.46
EPA/DHA balanced liquid (\$29.50)	\$22.13
Bio-Lipotrol (\$36.00)	\$27.00
UltraMeal Plus 360 (\$48.95)	\$36.71
UltraMeal Plus 360 Rice (\$53.25)	\$39.94

### In Support of...

Dr. Meg and Ron have donated to the following organizations in 2011 and are grateful for the positive impact they have on health and well-being, community, education, and the sustainability of our environment: *Environmental Working Group, Great Peninsula Conservancy, Kitsap Community Food Co-op, Kitsap Community Resources, PCC Farmland Trust, Peace Lutheran Church and School, People for Puget Sound, Petersen Farm in Silverdale, and the University of Washington.* Thanks for making life better for future generations!

Ponder this...Enthusiasm is that mysterious something that turns an average person into an outstanding individual. -- Ralph H. Schuller