



Lady of America Newsletter – February 2010 – The Love Issue

Natalie's Tip and Spot Check

February is *American Heart Month* and Valentine's Day, but I am not going to focus on that. You know to perform moderate-intensity exercise *at least* 30 minutes three to four days a week and a vigorous-intensity workout for a minimum of 20 minutes three days a week to get heart-healthy. And, you know to stay away from the candy on Feb. 14.

Natalie Brabner
Lady of America's
Official Trainer and
Expert in Exercise
& Nutrition



This month, let's focus on water. Most of us forget to drink enough water during the winter months. I guess we think it's easier – and better – to drink something hot on the cold wintry days. But we need to drink water every day. I call water the “miracle in disguise.” After all, water has many benefits, including:

- ❖ Improving energy levels
- ❖ Increasing mental and physical performance
- ❖ Removing toxins from the body

Water is also necessary to digest and absorb vitamins, and it regulates the digestive system.

Did you know?

- ❖ Blood is 83% water
- ❖ Muscle is 75% water
- ❖ The brain is 74% water
- ❖ Our bones are 22% water

So, my tip of the month: Leave the hot chocolate and candy alone and drink up, ladies!

Spot Check

Our exercise this month is the Inner High Kick. This move works the inner thighs, core and shoulders.

For this exercise, stand with your feet together and arms extended to the sides at shoulder height. Step forward with one foot and diagonally kick up the opposite leg across your body toward the opposite hand. Switch sides. Do 15 reps on each leg.

[Click here to see Natalie's 10 Step Total Body Workout Videos!](#)

Visit www.ladyofamerica.com for additional articles.