



Winter 2019 Fitness Flash

By Robin Resnick, Elite Personal Fitness

Health benefits of chocolate

It is mid-February and Valentine's day is here. Many of us have chocolate in some form or other to celebrate the 'holiday'. So how much is really the ideal amount to eat? A research review of 23 studies with over 400,000 people, published in the journal *Heart* found that 45 grams a week is the ideal amount to help protect against cardiovascular disease. It was determined that the benefits of eating chocolate disappear if you consume more than 100 grams (3.5 ounces) a week.

In addition to the cardio-vascular benefits, the benefits of chocolate can include increased protection of nerve cells, reduction of insulin resistance, increased blood flow to the brain, and improved mood.

And keep in mind, that more cocoa content (aim for dark chocolate with at least 70%) will benefit you with heart-boosting antioxidant and minerals while limiting the sugar.

Weekly Pilates training can reduce risks of falling

As many as 1/3 of people over 65 years old fall each year. Staying active as we age is one of the best things we can do to reduce these risks. Yes, walking is good, but including activities such as Pilates can improve static and dynamic balance, increase balance confidence and functional mobility, as well as reduce fall risk. Another benefit of Pilates is it is a non-impact activity that can be adapted to different physical conditions and health status. A recent study that appeared in the *Journal of Bodywork & Movement Therapies*, showed that as little as one hour of Pilates a week can help reduce chances of falling.

***** Cancellation Policy Reminder *****

Please give 24 hours' notice if you need to cancel your appointment or you will be charged for the session. The best ways to contact me is to text or call me at 617-794-0127.

Referrals

Please don't keep me a secret. If you know anyone who is looking for a trainer to give them undivided attention and motivate them while keeping them challenged, please pass along my name.

Your wellness partner,
Robin

References:
acefitness.org
ideafit.org
universityhealthnews.com
ncbi.nlm.nih.gov