

According to the Center for Disease Control (CDC), heart disease is the leading cause of death in the United States and is a major cause of disability. In 2009, an estimated 785,000 Americans with have a new coronary attack, and about 470,000 will have a recurrent attack.

From our homepage click on the “charts” under “keep your heart healthy” to determine your risk of developing cardiovascular disease in the next 10 years. For more information on heart disease click on the links below:

Facts on Men and Heart Disease - http://www.cdc.gov/DHDSP/library/fs_men_heart.htm

Facts on Women and Heart Disease -
http://www.cdc.gov/DHDSP/library/fs_women_heart.htm

Diet, physical inactivity and obesity are a few of the risk factors associated with heart disease. You can minimize your risk by simply by eating better and exercising.

In honor of American Heart Month, Alpha Fitness will be offering free personal training sessions* all month long. The training will be offered between the hours of 11a.m. to 1 p.m. on Monday, Wednesday and Friday and 9 a.m. to 11 a.m. on Saturday and Sunday. Please call 860-432-9997 or email us at getfit@goalphafitness.com to book an appointment.

*There is a maximum of 2 sessions per person. A fitness assessment must be completed prior to training.