

Listen to the beat of your heart keep on dancing

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ZOBHA BREAST CANCER EVENT

NADIA ZAKI AND SARRA MORTON

Join for a special 2021 ZOBHA Circle of Grace meeting, Sarra Morton and Nadia Zaki, for a special virtual class dedicated to raising awareness for Breast Cancer. Suggested minimum donation is \$20. All participants will receive a free ZOBHA bag! (Check-in and meet-out to Sarra & Nadia Foundation)

OCTOBER 14TH
6:00 - 6:00 PM
19TH ST EQUINOX



Best music to listen while working out. Listen to the beat of your heart keep on dancing lyrics.

By Sarah TateAugust 12, 2022Olivia Wilde was caught dancing the night away while grooving out at one of Harry Styles' recent concerts. The Booksmart director was a whole vibe while attending her boyfriend's Love On Tour show in Berlin last month, joyfully dancing along to the music backstage while fans in the stands watched the "As It Was" singer perform. One fan in attendance, who goes by Jana on TikTok, captured video of Wilde "literally dancing the whole show" and shared it on their TikTok account. In the clip, the House actress is one of several people dancing to the music, shaking out her hair and throwing her hands in the air as she moves to the beat. As she looks off to the side, the camera pans over to reveal Styles on stage, grabbing a guitar. The couple have been romantically linked since 2020 after getting close on set of their upcoming film Don't Worry Darling. Though they have been spotted spending time together, they tend to keep details of their relationship private. Earlier this year, however, the "Watermelon Sugar" singer made a rare public comment about his girlfriend, praising her work as a director. "I had a wonderful experience being directed by Olivia," he said. "Acting is kind of very uncomfortable at times. I think you have to trust a lot. It requires a lot of trust if you want to kind of give it everything, and I think being able to trust your director is a gift, so that was very helpful." HelpPrivacy PolicyTerms of Use That is, focus on your middle. Research in the Journal of the American College of Cardiology has linked excess belly fat to higher blood pressure and unhealthy blood lipid levels. If you're carrying extra fat around your middle, it's time to slim down. Eating fewer calories and exercising more can make a big difference.Or you can play on top of the sheets! That's right, having sex can be good for your heart. Sexual activity may add more than just pleasure to your life. It may also help lower your blood pressure and risk of heart disease. Research published in the American Journal of Cardiology shows that a lower frequency of sexual activity is associated with higher rates of cardiovascular disease.Put your hands to work to help your mind unwind. Engaging in activities such as knitting, sewing, and crocheting can help relieve stress and do your ticker some good. Other relaxing hobbies, such as woodworking, cooking, or completing jigsaw puzzles, may also help take the edge off stressful days.When paired with low-fat chips or fresh veggies, salsa offers a delicious and antioxidant-rich snack. Consider mixing in a can of black beans for an added boost of heart-healthy fiber. According to the Mayo Clinic, a diet rich in soluble fiber can help lower your level of low-density lipoprotein, or "bad cholesterol." Other rich sources of soluble fiber include oats, barley, apples, pears, and avocados.Whether you prefer a rumba beat or two-step tune, dancing makes for a great heart-healthy workout. Like other forms of aerobic exercise, it raises your heart rate and gets your lungs pumping. It also burns up to 200 calories or more per hour, reports the Mayo Clinic.Eating a diet rich in omega-3 fatty acids can also help ward off heart disease. Many fish, such as salmon, tuna, sardines, and herring, are rich sources of omega-3 fatty acids. Try to eat fish at least twice a week, suggests the AHA. If you're concerned about mercury or other contaminants in fish, you may be happy to learn that its heart-healthy benefits tend to outweigh the risks for most people.Don't just LOL in emails or Facebook posts. Laugh out loud in your daily life. Whether you like watching funny movies or cracking jokes with your friends, laughter may be good for your heart. According to the AHA, research suggests laughing can lower stress hormones, decrease inflammation in your arteries, and raise your levels of high-density lipoprotein (HDL), also known as "good cholesterol."Yoga can help you improve your balance, flexibility, and strength. It can help you relax and relieve stress. As if that's not enough, yoga also has potential to improve heart health. According to research published in the Journal of Evidence-Based Complementary & Alternative Medicine, yoga demonstrates potential to reduce your risk of cardiovascular disease.Moderate consumption of alcohol can help raise your levels of HDL, or good cholesterol. It can also help prevent blood clot formation and artery damage. According to the Mayo Clinic, red wine in particular may offer benefits for your heart. That doesn't mean you should guzzle it at every meal. The key is to only drink alcohol in moderation.If the entire U.S. population reduced its average salt intake to just half a teaspoon a day, it would significantly cut the number of people who develop coronary heart disease every year, report researchers in the New England Journal of Medicine. The authors suggest that salt is one of the leading drivers of rising healthcare costs in the United States. Processed and restaurant-prepared foods tend to be especially high in salt. So think twice before filling up on your favorite fast-food fix. Consider using a salt substitute, such as Dash, if you have high blood pressure or heart failure. No matter how much you weigh, sitting for long periods of time could shorten your lifespan, warn researchers in the Archives of Internal Medicine and the American Heart Association. Couch potato and desk jockey lifestyles seem to have an unhealthy effect on blood fats and blood sugar. If you work at a desk, remember to take regular breaks to move around. Go for a stroll on your lunch break, and enjoy regular exercise in your leisure time.Keeping your blood pressure, blood sugar, cholesterol, and triglycerides in check is important for good heart health. Learn the optimal levels for your sex and age group. Take steps to reach and maintain those levels. And remember to schedule regular check-ups with your doctor. If you want to make your doctor happy, keep good records of your vitals or lab numbers, and bring them to your appointments.Dark chocolate not only tastes delicious, it also contains heart-healthy flavonoids. These compounds help reduce inflammation and lower your risk of heart disease, suggest scientists in the journal Nutrients. Eaten in moderation, dark chocolate — not oversweetened milk chocolate — can actually be good for you. The next time you want to indulge your sweet tooth, sink it into a square or two of dark chocolate. No guilt required.Vacuuming or mopping the floors may not be as invigorating as a Body Slam or Zumba class. But these activities and other household chores do get you moving. They can give your heart a little workout, while burning calories too. Put your favorite music on and add some pep to your step while you complete your weekly chores.Almonds, walnuts, pecans, and other tree nuts deliver a powerful punch of heart-healthy fats, protein, and fiber. Including them in your diet can help lower your risk of cardiovascular disease. Remember to keep the serving size small, suggests the AHA. While nuts are full of healthy stuff, they're also high in calories.Fitness doesn't have to be boring. Let your inner child take the lead by enjoying an evening of roller skating, bowling, or laser tag. You can have fun while burning calories and giving your heart a workout.Our pets offer more than good company and unconditional love. They also provide numerous health benefits. Studies reported by the National Institutes of Health (NIH) suggest that owning a pet may help improve your heart and lung function. It may also help lower your chances of dying from heart disease.Start and stop, then start and stop again. During interval training, you alternate bursts of intense physical activity with bouts of lighter activity. The Mayo Clinic reports that doing so can boost the number of calories you burn while working out.Slicing your saturated fat intake to no more than 7 percent of your daily calories can cut your risk of heart disease, advises the USDA. If you don't normally read nutrition labels, considering starting today. Take stock of what you're eating and avoid foods that are high in saturated fat.Put down your cell phone, forget about the driver who cut you off, and enjoy your ride. Eliminating stress while driving can help lower your blood pressure and stress levels. That's something your cardiovascular system will appreciate.The first meal of the day is an important one. Eating a nutritious breakfast every day can help you maintain a healthy diet and weight. To build a heart-healthy meal, reach for:whole grains, such as oatmeal, whole-grain cereals, or whole-wheat toastlean protein sources, such as turkey bacon or a small serving of nuts or peanut butterlow-fat dairy products, such as low-fat milk, yogurt, or cheeseFruits and vegetablesExercise is essential for good heart health, so why not sneak it in at every opportunity? Take the stairs instead of the elevator. Park on the far side of the parking lot. Walk to a colleague's desk to talk, instead of emailing them. Play with your dog or kids at the park, instead of just watching them. Every little bit adds up to better fitness.No magic is needed to brew up a cup of green or black tea. Drinking one to three cups of tea per day may help lower your risk of heart problems, reports the AHA. For example, it's linked to lower rates of angina and heart attacks.Good oral hygiene does more than keep your teeth white and glistening. According to the Cleveland Clinic, some research suggests that the bacteria that cause gum disease can also raise your risk of heart disease. While the research findings have been mixed, there's no downside to taking good care of your teeth and gums.The next time you feel overwhelmed, exasperated, or angry, take a stroll. Even a five-minute walk can help clear your head and lower your stress levels, which is good for your health. Taking a half-hour walk every day is even better for your physical and mental health.Aerobic fitness is key to keeping your heart healthy, but it's not the only type of exercise you should do. It's also important to include regular strength training sessions in your schedule. The more muscle mass you build, the more calories you burn. That can help you maintain a heart-healthy weight and fitness level.A sunny outlook may be good for your heart, as well as your mood. According to the Harvard T. H. Chan School of Public Health, chronic stress, anxiety, and anger can raise your risk of heart disease and stroke. Maintaining a positive outlook on life may help you stay healthier for longer.

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