

Do you have a Healthy Heart?

It's a fact - cardiovascular disease is the largest single cause of death in Australia, accounting for 34% and 39% of male and female deaths, respectively. (National Heart Foundation of Australia, July 2007).

According to Australian Institute of Health and Welfare, the economic burden on Australian business is set to rise, with 90% of adults exhibiting at least one modifiable risk factor and 25% having an astonishing three or more risk factors.

ARE YOU AT RISK?

Copy and paste this link into your browser:

<http://www.trenchhealth.com.au/healthyheart/>

Benefits of Cycling

With the HBF Freeway Bike Hike happening on the 21st March, now is a great time to try cycling. Cycling is an excellent low impact exercise, great for cardiovascular fitness, improving leg strength, and if your bike is set up correctly, cycling is easy on your knees and a great form of rehabilitation for certain leg injuries.

Why Cycle;

- Cycling is for everyone and all fitness levels, it's a great way to get the family together for some healthy family time
- Lots of variation! You can do a high intensity indoor cycle/spin class (burning roughly 500calories per class), or grab your mountain bike and head to one of the scenic trails in the hills
- It is a Healthy and environmentally friendly mode of transport. If 1/3 of all short car journeys were made by bike, national heart disease rates would fall by 5—10% (bikes not fumes, CTC, 1992)

WHATS ON??



The HBF Run for a Reason is a new event on Sunday May 23rd where you can walk, run, jog or stroll your way to the finish line.

There are two distances to choose from a 4.5km and the 14km, both start and finish at the WACA.

Visit: <http://www.hbfrun.com.au>



The Cottesloe Ocean Adventure Sprint will be held on February 13th. The event is ideal for the beginner Adventure racer, Triathlete or Competitor looking for something different, while still providing a challenge for all abilities. Designed for finishing times of 2 to 4 hours, this is a great way to give the sport a try, increase your fitness, involve your friends and colleagues and above all have fun.

<http://www.allbarnone.com/events.html>



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

For further information contact:
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WOW. what's on weekly

