

# Healthy Heart

The journey to improving your all-round fitness starts with cardiovascular efficiency, which means keeping your heart and blood vessels in the best possible shape. The benefits of having a healthy heart are numerous - it will lower your risk of developing conditions like angina and high blood pressure, and ultimately ensure you live a longer, fuller life.

According to the NHS, coronary heart disease is one of the biggest killers in the UK, which means that taking care of your heart really is of the utmost importance.

The key ingredients for a healthy heart are:

- Regular physical exercise
- Commitment to weight loss and a healthy diet, cutting down intake of fats and high-cholesterol foods
- Minimising unhealthy habits like smoking and lowering alcohol consumption

At LA fitness, we're here to help you keep up a regular fitness routine and improve your overall health and wellbeing, and this guide aims to highlight how you can look after your heart through a range of different exercises.

**Aerobic fitness** - To promote a healthy heart as well as weight loss, general aerobic exercises such as treadmill jogging, spinning or swimming are very important, helping to improve the efficiency of your heart and lungs. It's recommended that you complete an aerobic workout at least 3 times a week as part of your fitness routine - this may sound like a lot if you're a beginner, but your endurance will improve with each session.

**Jogging** - All of our gyms are fitted with treadmills, which allow you to adjust speed and resistance settings according to your needs. If you want to limit the stress to the knee and ankle joints or are recovering from joint injuries, we suggest cycling or swimming rather than jogging, as these involve less impact.

**Cycling/Spinning** - Our exercise bikes allow you to tailor your workout to suit your needs, with a range of programmes of varying difficulty to choose from. Alternatively, if you prefer a more social experience, try a spinning class, which will include music and an experienced instructor who will take you through a variety of workout phases.



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We'll get there together.

**Swimming** - Swimming is an excellent aerobic exercise for weight loss, working all the major muscle groups throughout the body. Many of our gyms are fitted with premium pools, with the option to swim as you please, or take part in an accredited swimming class.

When working out at the gym we suggest you track your results to monitor improvements, such as how long it takes to jog **x** miles or swim **y** laps. Keeping tabs on your performance and progress, and aiming towards defined fitness or weight loss goals, is a great way to stay motivated.

**Fitness classes** - Whilst some prefer the focused approach of working on machines, others may prefer to mix things up with group exercise classes, which offer the opportunity to socialise with others, as well as providing an effective aerobic workout that will be beneficial for a healthy heart. We offer a variety of exciting classes to raise your heart rate and get your blood pumping.

**Zumba** - For aerobic exercise that combines fitness with fun, try our zumba classes, where you can work out all the major muscle groups while dancing to infectious Latin and afro-Caribbean rhythms.

**BodyPump** - This intense 60-minute class will work all your major muscle groups, incorporating a variety of different weight-room exercises such as squats, presses, lifts and curls.

**LBT (Legs, Bums & Tums)** - This class places particular emphasis on conditioning and toning exercises for the lower body, including lunges, crunches, squats and mat exercises that will tone and firm your muscles.

**Body Combat** - Inspired by a range of martial arts, including karate, boxing, Taekwondo, Tai Chi and Muay Thai, this class offers a very rigorous workout incorporating high-energy kicks and punches.

Whether you prefer gym workouts or group classes, at LA fitness we can help you to put together an effective (and fun!) fitness routine to not only keep your heart fit and healthy, but also improve your overall strength, endurance and general well-being.

**For more health, fitness and training tips, visit [www.lafitness.co.uk/fitness-hq](http://www.lafitness.co.uk/fitness-hq)**



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