

FIT Monthly, Feb 2010

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Heart Month

February is Heart Month. This month's newsletter contains a dose of good medicine for your heart... and your health.

[Click to read about exercise and your heart](#)

Let's Talk About Stress

Karen talks about a lot of things, but she knows what she's talking about when she's talking about stress. It could kill you.

[Read what she has to say about stress.](#)

What to Eat for a Healthy Heart

There is a lot of misinformation in the mainstream about diet and heart health -- more misinformation than we imagine. High fat, low fat, low carbs... do they really make a difference to the health of your heart? Scott tells you in his well-written article about the diet-heart connection... or lack thereof.

[Click here for your heart.](#)

"It's Not a Diet, it's a Lifestyle"

Dietary Lifestyle, discoveries in nutrition and health

[Click to read story](#)

FIT Client of the Month, Feb 2010

Congratulations to Cindy Olander!

[Click to read Cindy's story](#)

Join FIT for Movie Night

Fresh, a movie about food.

[Click for information on this great event](#)

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