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### **Healthy Women learn to stay in shape with no time or gym**

*Thursday, May 18, 2011(Lufkin, TX)* – Those women who balance multiple roles –parent, worker, spouse, volunteer, etc – often find that 24 hours per day simply aren't enough to exercise. There may not always be time to go to the gym, but beginning at noon on Wednesday, May 25, Woodland Heights Medical Center will teach women ways to stay active and increase their metabolism with no gym and little time.

“When it comes to healthy weight management, small steps add up,” says Amanda Calk, Zumba Dance instructor at Woodland Heights Affinity Center. “In fact, little changes in eating and activity levels can have a positive impact.”

Women can stay in shape by following these at home and office guidelines :

1. Try 10 minutes of cardio a day. Get into some vigorous sweeping, mopping or vacuuming. These chores burn calories and the reward is a clean house in the end.
2. Take the stairs instead of the elevator.
3. While watching t.v., set a goal of one or two pushups per commercial. Then work your way up gradually.
4. Make dancing or aerobics a game, it will benefit the children too.
5. Practice stretching or light yoga while talking on the phone, listening to the news or while that cake is baking.
6. Get up 15 minutes early each morning and run in place or do jumping jacks. It gets the heart rate moving and sets the tone for the rest of the day.

Healthy Woman is a free Woodland Heights Medical Center resource. For more information, contact Christie Maddux at (936) 637-8687.

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