

# Heart Strong



Monday - Friday

10 - 11 am

**NEW!**  
Monday & Wednesday

5:30 - 6:30 pm

Regular exercise is essential for healthy heart function. Beginning an exercise program may be intimidating. Let our certified trainers take the guess work out of which kind of exercises, how to exercise safely and how often. Heart Strong is designed for participants diagnosed with one or more of these risk factors.

- ♥ Overweight
- ♥ Physical weakness
- ♥ High blood pressure
- ♥ High cholesterol
- ♥ High blood glucose
- ♥ Balance problems
- ♥ Diabetes
- ♥ Smoker
- ♥ Family history of heart disease
- ♥ Sedentary lifestyle
- ♥ Extra weight around your midsection

The fee to participate is \$18 per month for members, \$69 per month for nonmember. Contact Jodi DiTomasso at 847.353.-7517 for more information.



FITNESS CENTER  
At the Buffalo Grove Park District

