



Get Fit. **Life Tip.**

## Eat your way to a healthy heart

As you know, breakfast is the most important meal of the day. A great way to get a jump start on your day and your heart health is with a bowl of oats. They may not be as appetizing as a greasy breakfast sandwich, but there are many ways to flavor them up without losing the benefits.

In your body you have many arteries which keep blood flowing to your heart and other parts of your body. Oats help with our endothelial function (aka artery function), which helps reduce the risk of heart disease and coronary artery disease down the road.

Everyone can benefit from oats, regardless of your weight, health or activity level. Keep in mind that a person that may appear to be healthy on the outside can be at the same risk level in the inside as someone who is morbidly obese. Start your morning off with a bowl of oats and add in some flavor with fresh or dried fruits (ie. strawberries, blueberries, bananas or raisins) or some spice with cinnamon.

Eat right and you can become healthy from the inside out! Bon appetite!

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

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