



## Get Fit. **Life Tip.** Fish Oils/Omega-3

Fish oils (aka Omega-3) can be found in cold water fish such as salmon, albacore, tuna, cod and mackerel. For vegetarians you can get your Omega-3 fish oils in leafy green vegetables, peanut butter, flaxseeds, walnuts, soybeans, tofu and canola oil.

### **Benefits of Fish Oil (Omega-3)**

- Reduces chances of all forms of cancer including breast, colon and prostate
- May help prevent heart disease
- Improves eyesight
- Decrease dryness of the eyes
- May help prevents all types of depression
- Aides in treatment of rheumatoid arthritis, inflammatory bowel disease and other inflammatory conditions
- Helps the heart, arteries and veins function better by lowering cholesterol levels (LDL) and blood pressure while increasing the (HDL) which may add years to your life expectancy.

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

*Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.*

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