

Nimkee Fitness Center

QUICK FIT TIP

OCTOBER

2017

The dangers of sitting too long:

- Enzymes that help you burn fat shut down
- Cholesterol metabolism slows down
- Lumbar spine is compromised because hips are flexed

Try getting up from your seat every 30 minutes to stretch or walk around a bit.

Set a reminder on your computer or phone

For more exercise tips contact
Nimkee Fitness Center!!

Healthy Recipe: Roasted Beets & Sweets

[CLICK HERE](#) for the recipe!

